



30 MINUTES WEEKLY PRACTICE  
MONDAY - 12:30 MDT

# SUBAGH KRYIA

ALL YOGIC & DHARMIC  
NP & FP ORGANIZATIONS



# Subagh Kriya

30 MINUTES  
WEEKLY GATHERING  
MONDAY - 12:30 MDT

## WHEN

Every Monday at  
12:30 MDT - 14:30 EST - 20:30 CET - 00:00 IST - 03:30 MYT

## DURATION

30 minutes from Tune In to Closing

## LINK TO SUBAGH KRIYA PDF

<https://tinyurl.com/fehtphuy>

## LINK TO REGISTER TO LEAD

<https://tinyurl.com/yc7rfrz3>

## PROCESS

- TUNE IN with ADI MANTRA and MAGALA CHARAN MANTRA
- SUBAGH KRIYA short version, 3 minutes per exercise
- SHORT PRAYER
- CLOSE the Space with LONG TIME SUN and SAT NAAM

## ZOOM LINK

<https://tinyurl.com/mvemsrdn>

Meeting ID: 881 1086 8156 - Pw: 867575

