

## zingapore zarvajnapeetha

pranams to the supreme pontiff of hinduism, jagatguru mahasannidhanam, his divine holiness bhagavan nithyananda paramashivam. this is ma nithya durgananda, on behalf of kailasa in singapore, is offering nithya samdesha patrika, dated 4th jan 2021

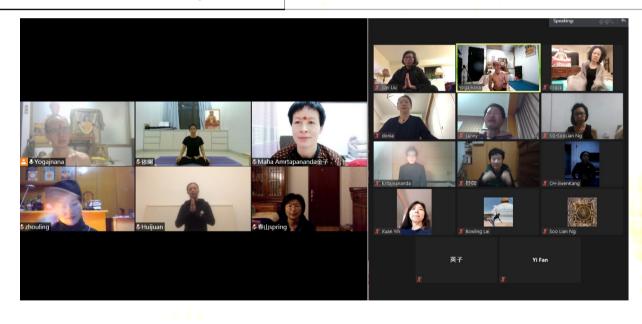


## nithyananda yoga : prathama vinyasa krama @ 5-7 am

total lives 18 (yoga)

conducted by

zri nithya yogajnanananda



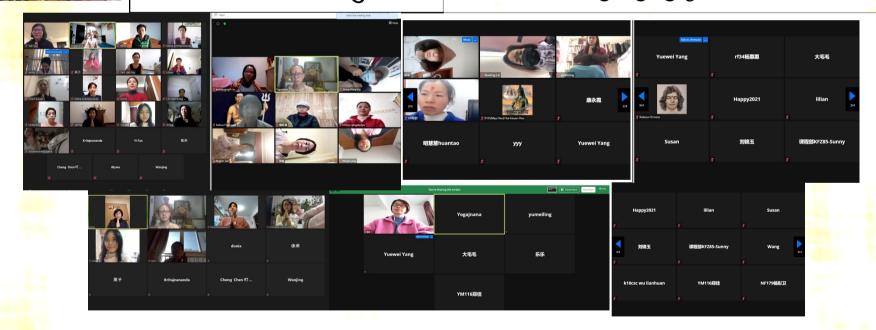


total lives

57 (satsang), 14 (puja)

conducted by

sri nithya yogajnanananda





temple sevas : today's offerings —
suprabatham, paduka puja, naivedyam puja &
jnanalaya puja by ma carol, palliyarai by sean neoh





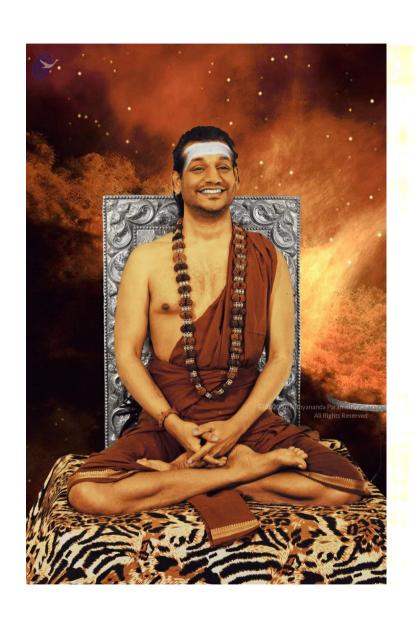


## nithyananda yoga pvk group practice: monday @ 7.30 – 9 pm

| total lives | 5 (center) & 1 online = $6$ |
|-------------|-----------------------------|
| hosted by   | sean neoh                   |







## in deep gratitude to our beloved bhagavan

nithyanandam!