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Orleans@sivananda.net). A DAY AT THE ASHRAM 6h - Meditation, Mantra Chanting And Lecture (Satsang) 8h - Asanas And Pranayama 10h - Vegetarian Lunch 11h - Karma Yoga (one Hour Of Service In TheLoire Valley, France Ashram) 12h30 - Lecture Or Nature Walk Or Spiritual Video 13h30 - Snack And Fre Jun 1th, 2024

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