



Sathya Sai International Organization Japan

Sathya Sai Tokyo Center

Sai Ram! Some volunteers can speak English here. We will welcome everyone to the best of our abilities! Most of activities are conducted in Japanese & English.

●Schedule (* Please contact us for details.)

Every Monday	7:50am-8:35am	Veda Chanting
Every Thursday	10:30am-3:00pm	Narayana Seva: Cooking & Washing Dishes * (Ladies only)
	3:00pm-4:30pm	Narayana Seva: Packing Foods *
	4:30pm-5:30pm	Narayana Seva: Delivery * (Gents only)
	7:15pm-7:30pm	Veda Chanting
	7:30pm-8:25pm	Bhajans
Every Saturday	10:00am-1:30pm	Narayana Seva: Cooking & Washing Dishes *
	11:00am-0:30pm	Narayana Seva: Packing Foods *
	0:30pm-1:30pm	Narayana Seva: Delivery * (Gents only)
1 st & 3 rd Sunday	1:45pm-3:30pm	Japanese Bal Vikas (Age 6 - 18) *
	3:00pm-4:00pm	Veda Chanting
	4:00pm-5:10pm	Bhajans
	After Bhajans	Jyoti Meditation (30 minutes)
2 nd & 4 th Sunday	1:45pm-3:30pm	Japanese Bal Vikas (Age 6-18) *
	3:30pm-5:00pm	Japanese Bal Vikas (Age 0-5 with parents) *
	3:00pm-4:00pm	Veda Chanting
	4:00pm-5:10pm	Bhajans
	After Bhajans	Intermediate Class for Veda Chanting (60 minutes)
5 th Sunday	1:45pm-3:30pm	Japanese Bal Vikas (Age 6-18) *
	3:00pm-4:00pm	Veda Chanting
	4:00pm-5:10pm	Bhajans
	After Bhajans	Introductory Class for Veda Chanting (120 minutes)

Bookstore on B2F opens for 15 minutes after Thursday bhajans and for 30 minutes after Sunday bhajans.

Vegetarian meals will be provided after bhajans. (Free on Thursdays & Festival days / 500yen on Sundays)

●Special Events

- Mahashivaratri: from 6:00pm, Monday, March 4 to 6:00am, Tuesday, March 5, 2019
- Hanamatsuri (Birthday Celebration of Lord Buddha: 4:00pm-5:30pm, Sunday, April 7, 2019
- Rama Navami: 4:00pm-5:30pm, Sunday, April 14, 2019
- Aradhana Mahotsavam: Wednesday, April 24, 2019 (Please contact us for details.)

●Access

1-30-8, Higashiyama, Meguro-ku, Tokyo

<http://www.sathyasai.or.jp/tokyo/acse.html>

Google Map: <https://goo.gl/maps/GBC3i83rBW12>

●Contact Us

Email: tokyo@sathyasai.or.jp (Replace ● with @.)

●Japanese Website (partially English)

<http://www.sathyasai.or.jp/tokyo/>