



OOJ Foundation
Life Energy Invigorated

OOJ SANIDHYA

Step into a space where silence speaks, and the elements themselves become companions on your journey.

OOJ Sanidhya is your invitation to pause. A monthly Sunday gathering designed for seekers, members, and all who wish to explore the deeper currents of life.



Under the guidance of Yogi Priyavrat Animesh, we journey inward to rediscover the profound intelligence of the five primordial elements that compose our very being.

- **Breath of Earth & Ether:** Guided meditations to ground your energy and expand your consciousness.
- **Wisdom of the Elements:** Direct discourses on aligning your physical and spiritual self with the natural forces of the universe.
- **Dialogue of the Soul:** Expansive, soul-stirring discussions that move beyond intellectual arena and into the inner geometry of truth.

Why Sanidhya?

"Sanidhya" means proximity. It is a circle of presence. It is about being close to the source, close to a living tradition, and, most importantly, close to your true self. Whether you are a seeker or a weary professional seeking peace, this Sunday morning is designed to recalibrate your internal compass.



Step out of the cycle. Step into the Sanidhya. Space is intentionally limited to maintain the sanctity of the energy circle. To reserve your seat in this month's gathering, please reach out to us at

When: One Sunday every month (10am)

With: Yogi Priyavrat Animesh

Contact Detail: +91- 9896610012

The elements are within you. It's time to listen to them.