

Discover MEDITATION

Mindfulness, Focus and Joy



Hear from a monk on HOW TO
INTEGRATE MEDITATION INTO YOUR LIFE

our speaker, Swami Purnatmananda
Giri, is a monk in the lineage of Kriya
Yoga meditation. His name means
"Bliss of Complete Soul
consciousness." He currently resides
in the Denver, Colorado ashram of
Kriya Yoga - Temple of Peace. .

SESSION CONDUCTED BY A VISITING MONK

THURSDAY, OCTOBER 20

5:15-6:30 P.M., FOLLOWED BY FREE INDIAN DINNER

LOCATION: MASON HALL

250 W WOODRUFF AVE. COLUMBUS, OH 43210,
FISHER COLLEGE CAMPUS

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