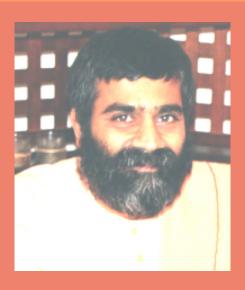
Discover Med Tallon Mindfulness, Focus and Joy



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 WOODTUFF AVE. COLUMBUS, OH 43210, FISHER COLLEGE CAMPUS

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