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**Advanced Meditation Techniques
for Happier Lives and Spiritual Growth**



Paramahansa Prajnanananda

Greater Seattle Kriya Yoga Center Presents

a Public talk and Q/A session

"Kriya Yoga, The Ancient and Sacred Path of Meditation"

By Yogacharya John Williams



**Friday May 4th 2018, 7PM
at 4063 148th Ave NE, Bellevue
(North Bellevue Community Center)**

Kriya Yoga Initiation and Meditation

**Saturday May 5th 2018, 9AM
at 4200 95th Ave NE Yarrow Point**

Contact: 425.444.6728 info@seattle.kriya.org