



The Scientific Teachings of Kriya Yoga Meditation Free Public Lecture – All are Welcome

Friday June 16, 2023 7:00 pm - 8:30 pm

Location: Des Moines Valley, 4211 Grand Avenue, Des Moines, IA 50312



Sw Tapasyananda Giri

Sw Sahajananda Giri

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Weekend Program Schedule for June 17-18, 2023

For those interested in Kriya Yoga Initiation, Reserve all Weekend June 10-11

Saturday, June 17, 2023

Location: Des Moines Valley, 4211 Grand Avenue, Des Moines, IA 50312

9:00 am to 12:00 pm

Kriya Yoga Initiation Ceremony

12:30 pm to 1:30 pm

Lunch (Veg Lunch Provided)

2:00 pm to 5:00 pm

Technique Class & Guided Meditation

Sunday, June 18, 2023

Location: 14137 South Shore Drive, Clive, IA 50325

8:30 am to noon

Technique Review & Guided Meditation

12:30 pm to 1:30 pm

Lunch (Veg lunch provided)

2:00 pm to 4:30 pm

Q&A Session & Guided Meditation