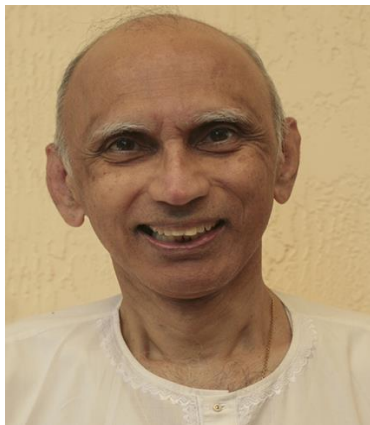


## The Scientific Teachings of Kriya Yoga Meditation Free Public Lecture – All are Welcome

Friday Sept 27, 2024 7:00-9:00 pm

Location: 6797 N High Street Suite 333 Worthington OH 43085



**Contact: Ammatara Noel**  
**Phone: (614) 354-3684**  
**Email: Columbus-oh@kriya.org**

**Contact: Sitaram Koppak**  
**Phone: (317) 331-0592**  
**Email: Columbus-oh@kriya.org**

**Speaker: Yogacharya Bhadrayu Pandya**  
*a practitioner of Kriya Yoga meditation for more than 40 years.*

### Weekend Program Schedule for Sept 28-29

**For those interested in Kriya Yoga Initiation, Reserve all Weekend**

Location: 6797 N High Street Suite 333 Worthington OH 43085

8:30 am to 12:30 pm  
2:00 pm to 5:30 pm

**Saturday, Sept 28, 2024 (Veg. Lunch Provided)**  
**Kriya Yoga Initiation Ceremony**  
**Technique Class & Guided Meditation**

8:30 am to 12:30 pm  
2:00 to 4:30 pm

**Sunday, Sept 29, 2024 (Veg. Lunch Provided)**  
**Technique Review & Guided Meditation**  
**Q&A Session & Guided Meditation**