

KRIYA YOGA INITIATION PROGRAM

Kriya Yoga is a simple, yet extraordinarily powerful meditation technique to develop mind, body, intellect and awareness of the soul. Based on the science of breath, Kriya Yoga greatly enhances all spiritual practice. It aims to help spiritual seekers attain the summit of spiritual experience — constant communion with the Divine — with joy and ease.

Kriya Yoga has been handed down — from teacher to student — in an unbroken lineage of enlightened masters that reaches deep into the mists of time immemorial. Kriya Yoga transforms the body, mind, and heart, helping us be calmly active and actively calm.

Initiation Session

Saturday, July 13th 8:30AM - 5:00PM

Initiation, Technique Teachings & Guided Meditation

Sunday, July 14th 8:30 AM - 4:30 PM

Technique Review & Guided Meditations

Location for Initiation Session (near Bell Rd and Tatum Blvd) will be provided upon confirming online registration.



Yogacharya Srinidhi Hassan

was initiated into Kriya Yoga in 1988 and has been teaching Kriya Yoga since 2007. He received a PhD in Computer Science in 1982 from the Southern Methodist University, Dallas, Texas, and currently works as a principal software architect.

For event details and registration, scan the QR code above or visit:
<https://kriya.org/event-details/7473/en>

