



Breath Mastery is Self-Mastery

Free Public Lecture. All are Welcome.

Friday, August 22, 2025 7:00PM - 8:30 PM

Learn Kriya Yoga Meditation

Please reserve Saturday & Sunday to learn Kriya Yoga



Swami
Vairagyananda Giri

Saturday, Aug 23

8:30 am - 12:30pm: Kriya Yoga Initiation
2:30 - 6:00 pm : Techniques, Meditation

Sunday, Aug 24

8:30 am - noon : Review, Meditation
2:00 - 4:30 pm : Q&A, Meditation



Swami
Tapasyananda Giri

Venue

Hindu Cultural Center of CT
Yoga Room
96 Chapel St
Stratford, CT 06614



www.kriya.org/event-details/7745/en

Contact

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