KRIYA YOGA

THAT IS THE PATH WHICH IS DIRECTED BY THE REALIZED

Ten Commandments of Yoga: How Yama & Niyama Shape your Inner Power

Kriya Intensive Weekend Program @ Kansas City

Swami Vairagyananda Giri

Aug 22nd, Saturday

9:30-10:45 am, Meditation (Kriyavans only)
11 am - noon Discourse & Meditation (Open to all)
12:30 - 2:30 pm Lunch, Seva & Rest (Open to all)
2:30 - 3:30 pm Discourse (Open to all)
3:30 - 4:30 pm Meditation (Kriyavans only)

Aug 23rd, Sunday

9:30-10:45 am, Meditation (Kriyavans only)
11 am - noon Discourse & Meditation (Open to all)
12:30 - 2:30 pm Lunch, Seva & Rest (Open to all)
2:30 - 3:30 pm Q&A (Open to all)
3:30 - 4:30 pm Meditation (Kriyavans only)

Venue

Kansas Kriya Yoga Center
8303 W 166th Court
Overland Park KS 66085

www.kriya.org

Contact

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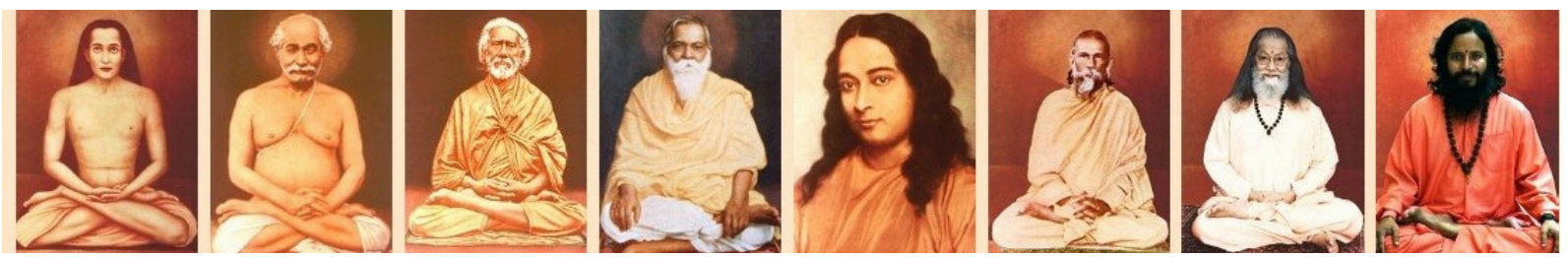
Premkumar T. (908)-510-9428
kansas-ks@kriya.org

The lineage of Kriya Yoga Gurus



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