



Both programs are FREE & OPEN for ALL

With Swami Matrukrupananda & Swami Sahajananda

You, your family & friends are invited to attend:

1) GAYATRI HAVAN (FIRE CEREMONY)

Saturday, June 6, 2020 at 09:00 AM – 12:00 PM

*Aum Bhurbhuvh Svah Tatsaviturvarenyam
Bhargo Devasya Dhimhi Dhiyoyonah Prachodayat.*



A prayer for wellbeing of ALL



Venu: Madhusmita – Narendra Kota

42519 Plum Lane, Sterling Heights, MI 4831

&

2) GENTLE INTEGRATED YOGA CLASS

Sunday, June 7, 2020 at 10:00 AM – 12:00 AM
(Demonstration and Practice on Chair and Floor)

Venu: Manju – Shailesh Patel

43823 Sweetwood Drive, Sterling Heights, MI 48314

Simple vegetarian Lunches will be served on both days.

RSVP requested for better planning: (plz leave a msg)

- Manju: (586) 731-5141 / manjumaa@gmail.com
- Madhusmita-Narendra: (586) 612-6861
- Trever-Miriam: (734) 332-8880
- Sanjay-Beena: (248) 910-1885

Love offerings accepted: <http://www.kriyavedanta.org/donate/>

Kriya Vedanta Gurukulam is a non-profit 501(c)(3) organization.

Kriya Vedanta Gurukulam – a Temple of Harmony is a non-sectarian place for yoga, meditation, retreat, contemplation, spiritual study, interfaith activities, and selfless community services. For detail activities of the Ashram, please visit: <http://www.kriyavedanta.org/>

What is Havana / Homa / Yajña / Fire Ceremony?

Yajña / Yagna is a Sanskrit word which means sacrifice, rite or an act of worship. When such worship, prayer or praise to a select deity is done with sacrifices or oblations or offerings of ghee (purified butter), milk, grains, fruits, flowers, cloth and money in the presence of the divine fire – pavitra Agni, it is also called Havana or Homa. It is a very pious act where rituals and mantra chanting are performed with devotion to please the demigods / deities or to attain certain wishes. Various ritual practices have been performed in India from the Vedic times not only to fulfill certain wishes but also to attain moksha / liberation from the cycles of birth and death.



What is Yoga?

Yoga has many meanings in Sanskrit but for general purpose it is considered as a group of physical, mental, and spiritual practices or disciplines which originated in ancient India.

Do I need to change my religion to practice Yoga - Meditation?

Yoga and Meditation is non-religious, non-sectarian practice. It is not bound by dogmatic views. The practice doesn't ask or influence any faith or religion.



Can anyone do Yoga - Meditation, even if someone has physical issues?

Regular practice of Systematic Yoga postures, Yogic Breathing, and Meditation help improve health. Yoga postures on chair and floor will be demonstrated.

Is there any pre-requisite to join Yoga-Meditation program?

Prior exposure to Yoga or mediation not necessary.

