



# KRIYA YOGA MEDITATION

## FREE LECTURES

**Wednesday, October 5th - 7.00 - 8.30 PM**

**"Mastering the Mind through Kriya Yoga Meditation"**

ALL LIFE IS YOGA , 11723 Old Glenn Hwy #116, Eagle River, AK - 99577



Swami

Purnatmananda Giri

**Thursday, October 6th - 6.00 - 7.00 PM**

**"Healing through Kriya Yoga Meditation"**

NAMASTE YOGA NORTH YOGA STUDIO, 400 L St, Unit 150, Anchorage, AK - 99501

**Friday, October 7th - 4.15 - 5.15 PM**

**"Mastering the Mind through Kriya Yoga Meditation"**

OPEN SPACE YOGA ,630 E. 57th Place Anchorage, AK - 99518

**Friday, October 7th - 6.30 - 7.30 PM**

**"The Ancient Science of Kriya Yoga Meditation"**

SPIRIT PATH YOGA & WELLNESS, 505 West Northern Lights Blvd, Anchorage, AK - 99503

## INITIATION PROGRAM

**Saturday & Sunday - October 8th & 9th - 8.30 - 5.00 PM**

**Initiation Program, Technique Teaching & Guided Meditations**

SPIRIT PATH YOGA & WELLNESS, 505 West Northern Lights Blvd, Anchorage, AK - 99503

**TO REGISTER FOR THE INITIATION PROGRAM ATTEND ONE OF THE  
FREE LECTURES OR SCAN THE QR CODE OR CALL OR WHAT'S APP OR  
EMAIL OR GO TO THE LINK - <https://forms.gle/kZ9q4ojYUNUh7e6C8>**

