

## 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.

### Free Public Talk

Friday, January 23rd @ 7:00PM (via Zoom)

For event details and registration, scan the

QR code below or visit:

<https://kriya.org/event-details/8735/en>

### Initiation Session

Saturday, January 24th 8:30AM - 5:00PM

Initiation, Technique Teachings & Guided Meditation

Sunday, January 25th 8:30 AM - 4:30 PM

Technique Review & Guided Meditations

Location for Initiation Session (near 56th St and Greenway Rd) will be provided at Free Public Talk and upon confirming online registration.

### Swami Gurusharanananda Giri

born into a spiritual family near Pattamundai, Odisha, earned a science degree from Utkal University. At 21, she attended the First Residential Brahmachari Training Course and later joined the Hariharananda Balashram, where she served from 2004 to 2017. Initiated into brahmacharya in 2009 as Dhyanamayee, she began traveling internationally to support Kriya Yoga programs. In 2012, she was initiated into sannyasa and given the name Swami Gurusharanananda Giri. Since 2017, she has been based in the US at the Temple of Compassion ashram in Burton, Texas



### Yogacharya Lucy O'Brien

met Shri Gurudev Paramahansa Hariharananda-ji in her home community of Santa Barbara, CA in 1986. She served KYI as a Center Leader and West Coast Regional Coordinator before accepting a role as Yogacharya. As a lifelong learner, she turned her attention to Eastern teachings after reading the Autobiography of a Yogi at a young age and considers herself under the flag of Paramahansa Yogananda ever since. After a career in nonprofit bookkeeping, she now enjoys an active retirement sharing her passion for meditation, studying scripture, cooking, gardening, and spending time with her two young grandsons..

