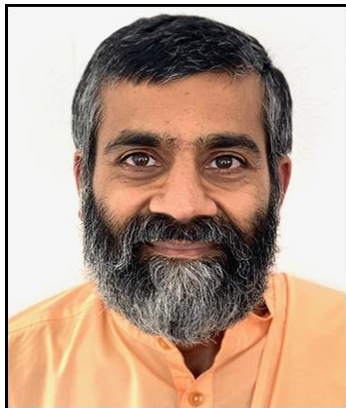


The Scientific Teachings of Kriya Yoga Meditation Free Public Lecture and Q & A Session – All are Welcome

Friday April 24, 2026 7:00 pm - 8:30 pm

**Location: Hindu Temple of Rochester
120 Pinnacle Rd, Pittsford, NY 14534**



For those who are interested in taking initiation into Kriya Yoga and learning the meditation techniques, please register prior to the program and we will send you more details, including the location for the weekend program.

You can register by clicking this link
<https://kriya.org/event-details/8794/en>

Or scanning the QR Code

Contact Information:

For any question please send to:
rochester-ny@kriya.org



Swami Purnatmananda Giri will be giving the introductory talk on the Science of Kriya Yoga and teaching the techniques to those who participate in the weekend initiation program. He has been a practitioner and teacher of Kriya Yoga for more than 30 years.

Weekend Program Schedule for April 25 - 26

For those interested in Kriya Yoga Initiation, Reserve both Saturday & Sunday

Location: will be given upon Registration

Saturday, April 25, 2025 (Veg. Lunch Provided)

**8:30 am to 12:00 pm
2:00 pm to 5:30 pm**

**Registration & Kriya Yoga Initiation Ceremony
Technique Class & Guided Meditation**

Sunday, June 8, 2025 (Veg. Lunch Provided)

**8:30 am to 12:00 pm
1:30 pm to 4:00 pm**

**Technique Review & Guided Meditation
Discourse, Q&A Session & Guided Meditation**

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