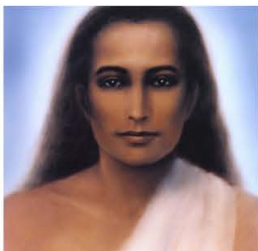


# Kriya Yoga Level I

FREE  
LECTURE



**FREE Zoom Lecture: 2/26/21 7pm-830pm**

- Cultivate an understanding of of Kriya Yoga & how it can enhance your way of living
- Experience one of the most powerful meditations
- Surround yourself in a community of spiritual seekers
- Receive information on how to pursue Level I training

**Sat/Sun 3/27-3/28**  
**9am-6pm**  
**\$288**

## **LEVEL 1 INCLUDES :**

- Kriya Hatha Yoga
- Kriya Kundalini Pranayama
- Kriya Dhyana Yoga