Kriya Yoga

Thursdays

8:30pm - 9:30pm

October 13th through December 15th
13 weeks of study

In-depth Analysis of Lahiri Mahasaya's Comments on Patanjali's Yoga Sutras

Lahiri Mahasaya taught Kriya Yoga to Hindus, Muslims & Christians. Until age 33 he lived an ordinary worldly life. However, circumstances took him to the Himalayas, where he was able to kindle realizations in his previous lifetimes & where he experienced the bliss of Samadhi. His guru directed him to return to his worldly life to teach Kriya Yoga....thus, the beginnings of Kriya Yoga.

Each class consists of readings from Lahiri, Arley's comments & a meditation.

Taught by Arley Gaines, an experienced Kriya Yoga teacher for 40+ years. It is open to all who are interested in the spiritual aspects of yoga.

Being Yoga
Freedom in your body and mind

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Donations welcome on behalf of the Center for Spiritual Awareness.