



# KRIYA YOGA



**A Science of Breath, Meditation and Subtle Energy Channeling  
developed by Sri Ganapati Sachchidananda Swamiji**

*Kriya Yoga is a science of the subtle body and the art of focused intention. It uses yogic breathing as a focusing tool to guide the mind into one-pointed attention. Practicing this discipline harnesses thought energy that you can apply to every aspect of your life with intention and awareness. Through mind-breath exercises, the flow of oxygen and prana expands within your entire system. Prana is the vital life force that sustains and awakens our subtle energy system. Once it's activated, we can enjoy the practical and psychic benefits to body, mind and spirit.*

*Kriya Yoga enriches our daily experience through focused mind, physical & psychic awareness, reduced stress & anxiety, balanced perspective, and conscious living.*



**Course leaders, qualified by Sri Swamiji:  
Sri Vasudeva and Sri Vishuddha**

**Saturday, May 8th, 2010, 8:00 am to 12:30 pm**

**Hindu Temple, 13010 Arbor Street, Omaha, NE**

**Course fee: \$20, includes materials and snack.**

**Registration at 8:00; the course begins promptly at 8:30 am.**

**Space is limited: to pre-register, or for further information,  
email [vasudeva.chaynes@gmail.com](mailto:vasudeva.chaynes@gmail.com), or call Vasudeva (812)360-0296.**

**For information on Sri Swamiji's worldwide activities visit  
[WWW.DATTAPEETHAM.COM](http://WWW.DATTAPEETHAM.COM) & [WWW.YOGASANGEETA.ORG](http://WWW.YOGASANGEETA.ORG)**