

*The Boston Center of Self-Realization Fellowship  
presents a free talk and guided meditation:*

# How Meditation Can Transform Your Life

The Kriya Yoga Teachings of  
Paramahansa Yogananda



Presented by  
Brother Jayananda,  
a monk of  
Self-Realization Fellowship



*Self-Realization Fellowship*  
FOUNDED 1920 BY PARAMAHANSA YOGANANDA



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**Friday  
May 9th  
7:00 p.m.**

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Old South Church  
645 Boylston Street  
Boston, MA 02116

