

East Meets West



Friday, February 20th

6:30 – 8:30 pm

Asheville Friends Meeting House (227 Edgewood Drive)

(Coffee, tea, and snacks following the presentation)

The Assisi Institute in Rochester, NY serves the process of spiritual enlightenment. With Kriya Yoga practices and the teachings of Paramahansa Yogananda as its cornerstone, the Assisi Institute integrates Eastern and Western spirituality with an emphasis on Christian mysticism. Saints and sages of all traditions are honored. In the spirit of St. Francis of Assisi, all who seek a spiritual path are welcome at the Assisi Institute. **Craig Bullock, the Spiritual Director of the Assisi Institute will be visiting the Coward family (Asheville Friends Attendees) the weekend of February 20-21 and has offered to host an evening presentation about Eastern and Western Mysticism on February 20th.**

Craig's talk will include the story of his own experience, the tenets of Kriya Yoga, discussions on the Assisi Peace Project, and a view on how Eastern and Western mysticism can bring harmony in our world. Experiential learning for participants includes chanting through the chakras and meditation exercises.

Craig Bullock is the founder and spiritual director of the Assisi Institute. A Kriya Yoga teacher and ordained minister with the Center for Spiritual Awareness, Craig is an accomplished writer, teacher, lecturer, and psychotherapist who has authored books and recorded CDs on spirituality and meditation. The former Pastoral Administrator at St. Peter's and St. Paul's Church, Craig earned graduate degrees in Religious Studies from the University of Notre Dame and in Clinical Psychology from the University of Duquesne. His broad and diverse education includes extensive study in psychology, spirituality, mysticism, world religions, and yoga. See www.assisi-institute.org



For more information contact Carrie Coward at 225-9338 or at cmccoward@charter.net. Childcare is provided. The presentation is free or by donation.