



Institute of World Culture  
Concord Hall, 1407 Chapala St, Santa Barbara, CA



**Forum**  
**Free and Open**  
**to All**

March 7, 2026  
2:00 – 4:00 pm  
(PST)  
*Live (in-person)*  
*and Live Stream\**

Presenter:  
**Ryan Quirk**

# *Autobiography of a Yogi*

## The Legacy of P. Yogananda

*Paramahansa Yogananda* was an author, teacher and mystic as well as one of the first Hindu monks of the 20th century to teach and popularize the Eastern system of Kriya Yoga in the West. In 1920 he founded the Self-Realization Fellowship (SRF), which has become a world-wide organization designed to carry on and disseminate his teachings. In this forum, Ryan Quirk will provide us with an overview of Yogananda's bestselling book, *Autobiography of a Yogi*.



*Ryan Quirk* is a student of psychology and spirituality and a self-published author. In his search for deeper and richer forms of practical wisdom, his foremost concern is to share his best understanding in an accessible way, especially with persons his age and younger, where he sees the needs are most pressing and poignant.

\*Live stream: <https://www.youtube.com/@iwcinsantabarbara/streams>  
More Information: <https://www.worldculture.org>