

# 2013 Mountain Region Retreat



*With*

**Swami Atmavidyananda Giri and  
Yogacharya Srinidhi Baba**

**La Foret Retreat Center, Colorado Springs, CO**

**May 10-12, 2013**

**Swami Atmavidyananda is an extremely dedicated and advanced practitioner of Kriya Yoga, who brings a deep understanding of the various scriptures. Yogacharya Srinidhi Baba brings the loving teachings of Gurudev Paramahansa Hariharanandaji and Guruji Paramahansa Prajnananandaji.**

**Remember “Opportunity must not be neglected, for it may never return.” - Baba Hariharananda**

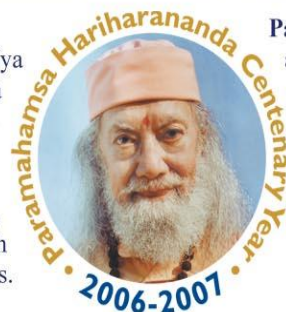
**The three days Mountain Region Retreat runs from 10 am on Friday, May 10 through 5 pm on Sunday, May 12, 2013 in the picturesque Black Forest area south of Denver at La Foret Retreat Center, 6145 Shoup Road, Colorado Springs, CO 80908.**

**Space is limited. Early registration is suggested with a \$100 deposit. The program cost is \$275 until Apr 10<sup>th</sup> and \$325 after that. Also, option to sign up for selected days has been included. Please refer to the registration form for details.**

**The retreat is for initiates of Paramahansa Hariharananda or his designated representatives. Contact Ragu, [kriya.colorado@gmail.com](mailto:kriya.colorado@gmail.com) for more Information.**

## What is Kriya Yoga

In 1861, the immortal Mahavatar Babaji reintroduced Kriya Yoga, the ancient method of living and meditation. Kriya Yoga cultivates body, mind, and intellect using powerful meditative and yogic disciplines. It helps us to cultivate and observe the three divine qualities of light, vibration, and sound by using ancient techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness.



## Paramahansa Hariharananda (1907-2002)

a great saint, taught the ancient science of Kriya Yoga, a non-secular meditative practice cultivating the body, mind, and soul. Filled with purity and love, he came from a long, unbroken line of masters, ultimately attaining the highest goal of a realized yogi, nirvikalpa samadhi, a conscious, breathless and pulseless state beyond physical limitations. A disciple of Swami Shriyuktेश्वर and Paramahansa Yogananda, Paramahansa Hariharananda spread Kriya Yoga to the East and West.