

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Boston, MA August 30th – September 1st , 2013



with
Yogacharya Richard Peterson



Friday, August 30th

7:00 -9:00pm Free, public lecture



CHINMAYA MISSION BOSTON

Andover Center
Chinmaya Maruti
1 Union Street, Andover, MA 01810

Saturday, August 31st

8:30am – 12:30pm 1st Kriya Initiation
12:00 – 1:30 pm Lunch (time varying depending number of initiates)
3:00 – 5:00 pm Class, 1st Kriya Technique Instruction
5:15 – 6:30 pm Guided Meditation (followed by Dinner)

Sunday, September 1st

9:00am – 10:30am Guided Meditation
10:45 – 12:00 pm 1st Kriya Technique Review (followed by Lunch)
2:30 – 3:30 pm Question/Answer Class
3:45 – 5:00 pm Guided Meditation (followed by Dinner)

location

Private home Tewksbury (details upon registration)

Please register with Ryan via email to kriyayogaboston@gmail.com

WHAT IS KRIYA YOGA

Kriya Yoga is an ancient method of living and meditation that cultivates body, mind, intellect, and awareness of the soul using powerful meditative and yogic disciplines. It helps us to experience the three divine qualities of light, vibration, and sound by using techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness and to change our lives. Kriya Yoga teaches that any action, *kri*, is done by *ya*, the indwelling soul. It is a universal spiritual discipline that crosses all divisions and boundaries.



PARAMAHAMSA HARIHARANANDA
(1907-2002) - (photo on the right)

filled with purity and love, came from a long, unbroken line of masters, ultimately attaining nirvikalpa samadhi, the highest goal of a realized yogi. A disciple of Swami Shriyuktेशwarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

PARAMAHAMSA PRAJÑANANANDA
(photo on the left)

his successor, continues his mission teaching one lesson: the lesson of love. Through every action and breath, he urges us to realize that we all are divine and to achieve that blissful state of divine love and contentment through basic self-discipline and the practice of Kriya Yoga.

LINEAGE OF MASTERS

