

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Palm Beach Gardens, FL
March 22-24, 2013



Yogacharya John Thomas Lopategui

Friday, March 22, 2013 7:30 pm – 9:00 pm

Free Public Lecture (Open to all)

“Kriya Yoga, The Ancient Science of Breath and Meditation”

Location: The Borland Center, Suite 1B

4885 PGA Blvd, Palm Beach Gardens, FL 33140

Take I-95 to Exit 79B PGA Blvd/SR-786 West. Drive 1/2 mile and turn right at MIDTOWN Entrance. Go straight and turn left into the parking garage. Park on upper level and walk to Suite 1B at The Borland Center.

***Saturday, March 23, 2013**

9:00 am – 11:30 am	Initiation & Instruction
11:30 am – 12:30 pm	Meditation
4:00 pm – 6:30 pm	Informal Tea, Technique Class, Meditation

***Sunday, March 24, 2013**

10:00 am – 12:30 pm	Q&A, Technique Review, Meditation
12:30 pm – 1:30 pm	Potluck Lunch on the Patio
1:30 pm – 3:00 pm	Stories and Closing

*Weekend Initiation available at Private Residence
For more details please call 305-247-1960

This weekend program is allowed to participants getting initiated on Saturday or to those who are already initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.

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 Shriyukteshwarji 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

