

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 Shriyuktेश्वarji 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



KY1108000103(1008)ROCNV

THE LOVING TEACHINGS OF KRIYA YOGA

Denver Kriya Intensive and Mahashivaratri Program

March 9-10, 2013



with

Swami Purnatmananda and Yogacharya Srinidhi Baba

This Kriya Yoga Intensive program is tailored for current Kriya Yoga practitioners. The goal of this program is to help Kriyavans deepen their practice and to provide answers and clarity to any questions.

Saturday, March 9th

15446 E Dorado Ave, Centennial, CO 80015

- 8:30 – 10:00 am 2nd Kriya Meditation (for 2nd Kriya initiates only)
- 10:00 – 10:15 am Break
- 10:15 – 11:15 am Discourse
- 11:15 – 12:30 pm 1st Kriya Meditation
- 12:30 – 1:30 pm Lunch
- 1:30 – 2:30 pm Lecture and Q&A
- 2:30 – 3:30 pm 1st Kriya Meditation
- 8:00 – 10:00 pm Mahashivaratri fire ceremony (Homa)
- 10:00 – 11:30 pm 1st Kriya meditation

Sunday, March 10th

15446 E Dorado Ave, Centennial, CO 80015

- 12:00 midnight – 3:00 am Singing and chanting of Lord's names
- 3:00 am – 6:30 am Meditation on your own

Sunday, March 10th

Fire Station 11, 2291 S. Joliet Street, Aurora, CO 80014

3:00 pm – 6:00 pm Discourse and 1st Kriya Meditation

Please RSVP via email to kriya.colorado@gmail.com by March 1st

Homa (fire ceremony) suggested sponsorship: \$50

(Sponsors will receive a worshipped bronze Ganesha idol)

This weekend program is not open to the public. Participants must already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.