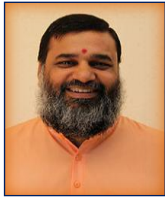


West Coast Retreat - 2013

KRIYA YOGA

(Guru Poornima Special – Discourses on Guru Gita)

Los Angeles, CA July 26th - 28th, 2013



with



Swami Atmavidyananda Giri & Yogacharya Richard Peterson

Southern California Kriya Center lovingly invites you all to a 3 day retreat on Guru Gita, a unique opportunity to get a deeper insight on this special scripture through Swami Atmavidyanandaji's discourses, a scholar himself in ancient scriptures and a highly achieved Kriya Yogi.

Retreat falling after the full moon of Guru Poornima, is very special and helps the seeker to intensify the Kriya practice with deeper devotion towards God and Masters. This provides a great opportunity to practice more Kriyas, obtain clarification about the techniques, receive spiritual teachings and gain insight into the deeper wisdom hidden in this ancient scriptural text.

Retreat Location

Located in the coastal town of Pacific Palisades, Aldersgate is just a mile from Will Rogers State Beach, a short walk into the trails of the Santa Monica Mountains, and one block from the shops of Pacific Palisades. The serene environment provides us to go much deeper and closer to the self within.

- 16miles from LAX airport and 23miles from Burbank airport

Spiritual tours as a part of the retreat –

1. Yoganandaji's Crypt
2. SRF Mother Center
3. Lake Shrine SRF

Other Attractions near retreat location, if you want to turn this into a Family Vacation...

- ❖ A short walk away from Santa Monica Beach
- ❖ 20 miles from Universal Studios
- ❖ 43 miles from Disney Land
- ❖ 134 miles from San Diego's Sea World, Safari and much more

Retreat Address

925 Haverford Avenue, Pacific Palisades, CA 90272
<http://www.aldersgateretreat.org/>

Space is very limited. Contact us for further details and Registration
 Hurry up!!! **Early bird gets their sweet deal...**
\$25.00 Early Bird discount (If Registered on or before June 15th)
One Day attendance is also an option... Call us to find out more.

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.



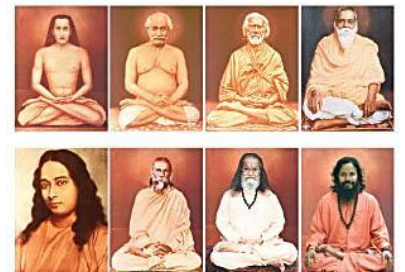
PARAMAHAMSA HARIHARANANDA (1907-2002) - (photo on the right)

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



REGISTRATION CONTACT ...

SreeDevi Gopalan - (661) 808-3291

info@losangeles.kriya.org

www.losangeleskriya.org

Friday (July 26 th , 2013)		Saturday (July 27 th , 2013)		Sunday (July 28 th , 2013)	
9.00 - 10.00AM	Registration	5.30 - 7.30 AM	Meditation	5.30 - 7.30 AM	Meditation
10.00 - 10.30AM	Opening ceremony	8.00 - 8.45 AM	Breakfast	8.00 - 8.45 AM	Breakfast
10.45 - 12.00PM	Meditation	9.00 - 10.00AM	Discourse	9.00 - 10.00AM	Discourse
12.00 - 1.00PM	Lunch	10.15 - 12.15	Meditation	10.30 - 12.00PM	Meditation
1.00 - 2.00PM	Rest/ Stroll to beach	12.30 - 1.30PM	Lunch	12.15 - 1.00PM	Lunch
2.00 - 4.00PM	Pilgrimage to Lake Shrine	1.30 - 4.30PM	Pilgrimage to Yoganandaji's Crypt and SRF	1.00 - 2.30 PM	Discourse & Closing ceremony
4.30 - 5.30 PM	Discourse	5.00 - 6.00 PM	Discourse		
5.45 - 7.45PM	Meditation	6.15 - 7.45PM	Meditation		
8.00 - 9.00PM	Dinner	8.00 - 9.00PM	Dinner		
9.00 - 9.30PM	Chanting and Prayers	9.00 - 9.30PM	Chanting and Prayers		

Thank you for joining us!!! ☺