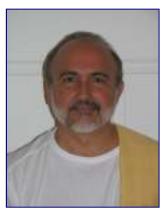
Fall Retreat - Kriya Yoga Institute, Homestead September 18-23, 2013







Swami Atmavidyananda Giri & Yogacharya John Thomas Lopategui

Holistic Living – Healthy Mind, Breath, and Body Teachings from the Ancient Scripture Hatha Yoga Pradipika

We invite you to join us in a six day Fall Retreat at the ashram that Gurudev lovingly created for his devotees in Homestead, Florida. The teachings for this year's retreat will be from selected verses of the Sanskrit text, Hatha Yoga Pradipika. "When the breath wanders the mind also is unsteady. But when the breath is calmed the mind too will be still, and the yoqi achieves long life. Therefore, one should learn to control the breath." Please join us; in celebrating Foundation Day for our mother center, deepen your practice, and fill your heart with the divine love.

Tentative Daily Schedule:

05:30am - 07:00am Meditation -all

07:30am - 08:00am Breakfast & Clean-up Seva

09:00am - 09:30am Registration, Sales & Seva

09:30am - 10:30am Class

10:45am - Noon Meditation

12:15pm - 01:00pm Lunch & Clean-up Seva 01:00pm - 04:00pm Rest / Private Study / Seva

Q&A/Video 04:00pm - 04:45pm

05:00pm - 06:00pm Class

06:30pm – 08:00pm Meditation -all

Dinner and Clean-up Seva 08:15pm – 09:00pm

Foundation Day - Sunday, September 22, 2013

08:30am -10:45am Special Foundation Day Puja

11:00am Teleconference followed by Meditation

04:00pm - 04:30pm **Garden Tour** 04:30pm - 06:00pm Celebration

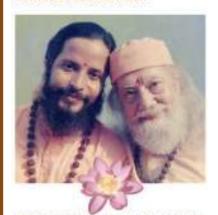
For registration please visit: http://www.kriya.org/calendar event.php?id=1883

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



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 yo, 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 yogl. A disciple of Swami Shriyukteshwarji and Paramahamsa Yoganandaji, he spread Kriya Yoga to the East and West.

PARAMAHAMSA PRAJNANANANDA (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













