

# KRIYA YOGA

## *Pathway to the Divine*



*Lecture and Program*  
*With*  
**Yogacharya**  
**Richard Peterson**  
**Bakersfield, CA**  
**Aug. 9 - 11, 2013**

**FREE PUBLIC LECTURE – *Kriya Yoga: Pathway to the Divine***  
**[OPEN TO ALL]**

Friday, August 09, 2013 --7:00pm - 9:00pm  
CHINMAYA MISSION  
1723 Country Breeze Plaza  
Bakersfield CA 93312

### **INITIATION & WORKSHOP**

**Saturday, Aug 10, 2013** 9:00 am – 12:00 pm – Initiation  
Lunch Provided  
2.00 pm—3.00 pm – Paramahansa Prajnananandaji's Birthday Celebration  
3:00 pm – 6:00 pm – Technique review and meditation

**Sunday, Aug. 11, 2013** 10:00 am – 12:00 pm – Class and First and Second Kriya Meditation  
Lunch Provided  
2:00 pm – 4:30 pm – Q&A and Meditation

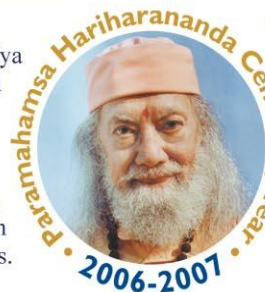
**WORKSHOP LOCATION** – 10311 Cape Hatteras Drive Bakersfield CA 93314

**CONTACT INFO** - Shree - 661-808-3291 Dr. Arun Keni – 661-378-1237  
info@losangeles.kriya.org

**Kriya Yoga** is non-sectarian and can be practiced by all people regardless of religious affiliation. Yogacharya Richard Peterson will initiate any sincere seeker into Kriya Yoga. During initiation, a purification ceremony will be performed to infuse the triple divine qualities of light, sound and vibration

### **What is Kriya Yoga**

In 1861, the immortal Mahavatar Babaji reintroduced Kriya Yoga, the ancient method of living and meditation. Kriya Yoga cultivates body, mind, and intellect using powerful meditative and yogic disciplines. It helps us to cultivate and observe the three divine qualities of light, vibration, and sound by using ancient techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness.



### **Paramahansa Hariharananda (1907-2002)**

a great saint, taught the ancient science of Kriya Yoga, a non-sectarian meditative practice cultivating the body, mind, and soul. Filled with purity and love, he came from a long, unbroken line of masters, ultimately attaining the highest goal of a realized yogi, nirvikalpa samadhi, a conscious, breathless and pulseless state beyond physical limitations. A disciple of Swami Shriyukteshwar and Paramahansa Yogananda, Paramahansa Hariharananda spread Kriya Yoga to the East and West.