



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 Shriyuktishwarji 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



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THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Denver, Colorado August 9 -11, 2013



with

**Yogacharya Bhadrayu Baba and
Yogacharya Srinidhi Baba**

Friday, August 9

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

7:00 - 8:30pm Public Lecture -

Saturday, August 10

15446 E. Dorado Avenue, Centennial, CO 80015

8:30 - 12:30pm	1 st Kriya Initiation
12:30 - 2:00pm	Vegetarian Lunch Served
2:00 - 3:30pm	Break
3:30 - 7:00pm	First Kriya Techniques Teaching & Meditation

Sunday, August 11

Piney Creek Clubhouse

5800 S. Joplin Way, Aurora, CO 80015

8:30 - 10:00am	2 nd Kriya Meditation*
10:15 - 12:30pm	Class on benefits and Meditation
12:30 - 2:00pm	Potluck Vegetarian Lunch @ Srinidhis' place
2:00 - 3:00pm	Break
3:15 - 6:00pm	Divine Talk, Q&A and Meditation

Please email kriya.colorado@gmail.com for any information.

* Second Kriya Meditation is only for Kriyavans already initiated into Second Kriya

Participants must already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda to attend the meditations.