

KRIYA YOGA

Pathway to the Divine



Lecture and Program
With
Yogacharya
Richard Peterson
San Diego, CA
Sep 27 - 29, 2013

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

Friday, September 27, 2013 --7:00pm - 9:00pm
Spring Hill Suites
12032 Scripps Highlands Drive
San Diego CA 92131

INITIATION & WORKSHOP

Saturday, Sep 28, 2013	9:30 am – 12:00 pm	Initiation
	12:00 pm – 1:00 pm	Lunch Provided
	1:30 pm – 3:30 pm	Technique review and Guided meditation
Sunday, Sep 29, 2013	10:00 am – 12:00 pm	Class and Guided Meditation
	12:00 pm – 1:00 pm	Lunch Provided
	1:30 pm – 3:00 pm	Q&A and Guided Meditation

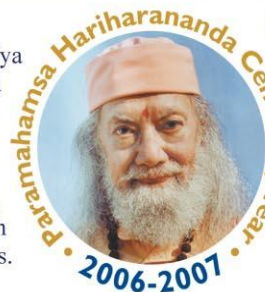
WORKSHOP LOCATION – Hilltop Community Center
9711 Oviedo Drive San Diego CA 92129

CONTACT INFO - Shree - 661-808-3291 Suresh – 818-585-6991
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.