



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 Shriyukteshwarji 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



THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**Intensive Weekend in
 Phoenix, Arizona January 17-19, 2014
 3330 E. Kachina Dr., Phoenix (Ahwatukee), AZ 85044**



with



Yogacharya Richard Peterson

Swami Purnatmananda Giri

This Kriya Yoga Intensive program is for Kriya Yoga initiates. It's an opportunity to deepen our practice, to receive guidance and clarify questions or doubts about the meditation technique.

Friday, January 17

6:30 – 7:30 pm Discourse
 7:30 – 8:30 pm 1st Kriya Meditation

Saturday, January 18

7:00 – 8:30 am 2nd Kriya Meditation
 9:00 – 10:30 am 1st Kriya Meditation
 11:00 – 12:00 pm Discourse
 12:00 – 2:00 pm Potluck Lunch
 2:00 – 3:00 pm Q&A
 3:00 – 4:00 pm Technique class for 1st & 2nd
 Kriya
 4:15 – 5:15 pm Discourse
 5:30 – 7:00 pm 1st & 2nd Kriya Meditation

Sunday, January 19

6:30 – 8:00 am 2nd Kriya Meditation
 8:00 – 8:30 am 2nd Kriya Q & A
 9:00 – 10:30 am 1st Kriya Meditation
 11:00 – 12:00 pm Discourse
 12:00 – 2:00 pm Potluck Lunch
 2:00 – 3:00 pm Q&A
 3:00 – 4:00 pm Discourse
 4:30 – 5:30 pm 1st Kriya Meditation

Please register with phxkriyayogaevent@gmail.com - Phone: 480-893-7612

One may attend the entire program or just select days

Friday: \$10. Sat or Sun: \$50. Full Weekend: \$100.

Payment in full Due by December 16, 2013

There is a \$25 non refundable donation

Checks Made out to Kriya Yoga Institute

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