

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 Shriyuktेश्वarji 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



KRIYA YOGA: Life Is a Journey

Los Angeles, CA

Friday, Nov 15th, 2013



With

Swami Atmavidyananda Giri & Yogacharya Richard Peterson

Friday, Nov 15th

7:00-8:30 pm Free Public Lecture! All are Welcome!
Location: Emerson Unitarian Universalist Church
7304 Jordon Avenue
Canoga Park, CA 91303

Saturday, Nov 16th

9:00-12:30 pm Registration and Initiation
12:30- 3:00 pm Lunch Provided
3:00- 4:30 pm Techniques Class
5:00- 6:00 pm 1st Kriya Guided Meditation

Sunday, Nov 17th

8:00-9:30 am 2nd Kriya Guided Meditation
10:00-11:00 am New Student Technique Review
11:00-12:00 pm 1st Kriya Guided Meditation
12:00-2:30 pm Lunch Provided
2:30-3:30 pm Discourse/Q&A
4:00-5:00 pm 1st Kriya Guided Meditation

Initiation Program Location

Saturday/Sunday: Woodland Hills, CA

Address provided upon registration

Registration Contact

Phone: (661) 808-3291 (or) 818-347-4796 **Email:** info@losangeles.kriya.org

New Initiates are expected to attend 3 meditation sessions.

The Saturday and Sunday program may only be attended by those initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.

