

### 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



# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**Santa Barbara, CA March 14-16, 2014**



with

**Swami Atmavidyananda  
& Yogacharya Richard Peterson**

### Friday, March 14

7:00-8:30 pm Free Public Lecture - Open to All  
“Kriya Yoga: Royal Path to Peace, Love and Joy”

Location: Santa Barbara Public Library -  
Faulkner Gallery  
40 E. Anapamu St, Santa Barbara, CA 93101

### Saturday, March 15

9:00-12:30 pm Registration and Initiation  
12:30-3:00 pm Lunch Break (on own)  
3:00-4:30 pm Techniques Class  
5:00-6:00 pm Meditation

### Sunday, March 16

8:00-9:30 am 2<sup>nd</sup> Kriya Meditation  
10:00-11:00 am Technique Review  
11:00-12:00 pm Meditation  
12:00-2:30 pm Vegetarian Pot Luck Lunch  
2:30-3:30 pm Discourse/Q&A  
4:00-5:00 pm Meditation

### Program location Saturday/Sunday

Lucy O'Brien's home (details upon registration)

### Registration

Please register via email to [abkarandikar@msn.com](mailto:abkarandikar@msn.com) or phone 805-705-0046

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.

