

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Bakersfield, CA Feb 7th -9th, 2014



with

**Yogacharya Richard Peterson
& Yogacharya Badrayu Pandya**



Friday, Feb 7th 2014 7:00pm to 8:30pm
Free Public Lecture. Open to All!

“Ancient Teachings of Kriya Yoga”
Kern County Library - Southwest Branch
8301 Ming Ave, Bakersfield, CA 93311

Saturday, Feb 8th 2014

9:00 am – 12:00 pm	Initiation
12:30 pm – 1:30 pm	Vegetarian Lunch
1:30 pm – 3:30 pm	Technique Class
3:30 pm – 4:30 pm	Guided Meditation

Sunday, Feb 9th 2014

10:00 am – 11:00 am	Technique Review
11:00 am – 12:00 pm	Guided Meditation
12:00 am – 1:00 pm	Vegetarian Lunch
1:00 am – 2.30 pm	Class and Q&A
3:30 am – 4:30 pm	Guided Meditation

Initiation Workshop location: Saturday/Sunday

10311 Cape Hatteras Dr, Bakersfield CA 93314
Registration Contact: Shree info@losangeles.kriya.org 661-808-3291

****New Initiates are expected to attend 3 meditation sessions****

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 Shriyuktेशwarji 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

