

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Denver, Colorado, Jan 30 –Feb 2, 2014



with

Swami Atmavidyananda Giri and Yogacharya Srinidhi Baba

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| 7:30 - 8:30pm | Thursday, January 30
Public Lecture - Expansion is life
<i>East Boulder Senior Center</i>
<i>5660 Sioux Dr, Boulder, CO 80303</i> |
| 7:00 - 8:30pm | Friday, January 31
Public Lecture - Kriya Yoga: Path to Inner Happiness
<i>Fire Station 2: 12600 Hoffman Blvd.,</i>
<i>Aurora, CO 80011</i> |
| 7:00 – 8:30am
9:00 – 12:30pm
2:30 - 6:00pm | Saturday, February 01
Second Kriya Meditation*
First Kriya Initiation
First Kriya Techniques Teaching and Meditation
<i>15446 E. Dorado Ave, Centennial, CO 80015</i> |
| 7:30 - 9:00pm | Public Lecture - All-pervading Divinity
<i>5800 S Joplin Way, Centennial, CO 80015</i> |
| 8:00 – 9:00am
9:00 - 12:00pm | Sunday, February 02
First Kriya Meditation
Technique review, Benefits & 1 st Kriya Meditation
<i>15446 E. Dorado Ave, Centennial, CO 80015</i> |
| 1:30 - 2:30pm
2:30 – 4:00pm | Divine Talk and Q&A
Denver Ashram Meeting for all Kriyavans
<i>5800 S Joplin Way, Centennial, CO 80015</i> |

Please email to kriya.colorado@gmail.com for any information.

* Second Kriya Meditation is only for Kriyavans already initiated into Second Kriya
 Participants must already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prainanananda to attend the meditations.

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



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