



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 yo, 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



THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Denver Kriya Intensive and Mahashivaratri Program



With **Swami Vairagyananda Giri** and
Yogacharya Srinidhi Baba

This Kriya Yoga Intensive program is tailored for existing Kriya Yoga practitioners, to help them deepen their meditation practice, deepen their understanding of scriptures and to provide answers to their questions.

Thursday, Feb 27 2014

15446 E Dorado Ave, Centennial, CO 80015

- 7:00 – 9:30 pm Mahashivaratri fire ceremony (Homa)
- 10:00 – 11:15 pm 1st Kriya meditation
- 12:00 – 3:00am Singing and Bhajans on Divinity
- 3:00 – 6:30 am Meditation on your own

Note: Fire Ceremony is open for all. Meditation is open only for Kriyavans.

Intensive Registration: Please register via email to kriya.colorado@gmail.com.

Cost: \$20 per day or \$35 for both days, pay (cash or check) at the venue

Saturday March 1 (Venue to be decided)

- 8:30 – 10 am 2nd Kriya Meditation
- 10:15 – 11:15 Spiritual Discourse
- 11:30 – 12:30 pm 1st Kriya Meditation
- 12:30 – 2:30 pm Vegetarian Lunch and Break
- 2:30 – 3:45pm Discourse, Q&A
- 4:00 – 5:30 pm 1st Kriya Meditation

Sunday, March 2 (Venue to be decided)

- 8:30 – 10 am 2nd Kriya Meditation
- 10:15 – 11:15am Spiritual Discourse
- 11:30 – 12:30 pm 1st Kriya Meditation
- 12:30 – 2:30 pm Vegetarian Potluck Lunch and Break
- 3:00 – 4:00 pm Discourse, Q&A
- 4:00 – 5:00 pm 1st Kriya Meditation

The Saturday and Sunday program is not open to the public. Participants must already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.