



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.

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Denver, Colorado, Apr 18 – 19, 2014



with
Yogacharya Srinidhi Baba

Friday, April 18

7:30 - 9:00pm Public Lecture –
Kriya Yoga, Ancient Science of Meditation
15446 E. Dorado Ave, Centennial, CO 80015

Saturday, April 19

8:30 – 12:30pm First Kriya Initiation
15446 E. Dorado Ave, Centennial, CO 80015

12:30 - 3:00pm Vegetarian Lunch and Break
15446 E. Dorado Ave, Centennial, CO 80015

3:00 - 7:00pm First Kriya techniques teaching and Meditation
15446 E. Dorado Ave, Centennial, CO 80015

Location Details will be provided during registration.

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

Participants must already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda to attend the meditations.



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

