



An Ancient Science of Breath and Meditation

Bakersfield Kriya center lovingly invites you all to join us for a free public lecture on Kriya Yoga followed by a 2-day learning workshop.

Workshop location & details provided upon registration

WHEN

**August 15th, 2014
Friday 7.00 – 8.30 PM**

WHERE

**CHINMAYA MISSION
1723 Country Breeze Plaza
Bakersfield, CA 93312**

REGISTER

**Shree – (661) 808 -3291
bakersfieldkriya@gmail.com
www.kriya.org**



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. This divine technique is passed down through an unbroken lineage of masters seen above.