



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)

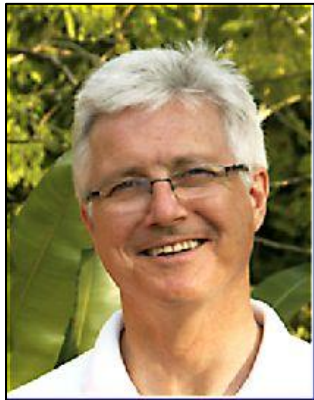
his successor, continues his mission teaching one lesson: the lesson of love. Through every action and breath, he urges us to realize that we all are divine and to achieve that blissful state of divine love and contentment through basic self-discipline and the practice of Kriya Yoga.

LINEAGE OF MASTERS



The Ancient, Scientific Teachings of KRIYA YOGA

In
Bakersfield, CA
August 15th -17th, 2014



With

Yogacharya Richard Peterson & Bramhachari Kriyananda

Friday, August – 15th

Free Public Lecture Kriya Yoga, the ancient science of meditation

When 7:00 - 8:30 PM (Light veg snacks provided)

Where Chinmaya Mission, 1723 Country Breeze Plaza
Bakersfield, CA 93312

Saturday, August – 16th

9:00am - 12:30pm Initiation workshop for new aspirants

Followed by lunch and afternoon session till 5:30 pm

Sunday, August – 17th

9:30am – 12:30pm Technique Review / Meditation

Followed by lunch and afternoon session till 4:30 pm

**** Saturday and Sunday workshop location is provided upon registration ****

Registration Contact

Shree: (661) 808-3291

bakersfieldkriya@gmail.com

www.kriya.org

****Meditation and initiation classes may be attended for free of cost by the initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.**