

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 Shriyuktishwarji 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, Colorado July 25 - 27, 2014



with

Yogacharya Srinidhi Baba



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- 7:00pm - 8:30pm **Friday, July 25**
Public Lecture - **Kriya Yoga,
The Ancient Science of Meditation**
I-225 Medical & Business Plaza
**1300 S. Potomac Street, Suite #156
Aurora, CO 80012**
- 8:30am - 12:30pm **Saturday, July 26**
1st Kriya Initiation
15446 E. Dorado Ave, Centennial, CO 80015
- 2:30pm - 6:00pm First Kriya Techniques Teaching & Meditation
**1300 S. Potomac Street, Suite #156
Aurora, CO 80012**
- 8:30am - 10:00am **Sunday, July 27**
2nd Kriya Meditation*
10:15am - 11:00am Guru Purnima Celebrations
11:00am - 1:00pm Technique review and Meditation
15446 E. Dorado Ave, Centennial, CO 80015
- 2:30pm - 5:30pm Divine Talk, Benefits, Q&A and Meditation
15446 E. Dorado Ave, Centennial, CO 80015

Location details upon registration

Please email to kriya.colorado@gmail.com for any information
*Second Kriya Meditation is for Kriyavans already initiated into Second Kriya.
Participants must already be initiated into Kriya Yoga in the lineage of Paramahansa
Hariharananda and Paramahansa Prajñanananda