

East Coast Regional Retreat

Aug-22 to Aug-24, 2014

Karma Yoga in the Bhagavad Gita
Livingston Manor, NY



With Swami Atmavidyananda Giri, Yogacharya Suresh Kodollikar
and Yogacharya John Williams

Join us for this special opportunity to spend three days in quiet, meditation and reflection. Led by Swami Atmavidyananda Giri and our loving teachers we will explore the deeper teachings of Karma Yoga in the Bhagavad Gita.

This inspirational retreat will be held in the peaceful, mountainous surroundings of the Dai Bosatsu Zendo Kongo-Ji Monastery, a Zen mountain monastery located 3 hours north of New York City. The East Coast Regional Retreat is a rare opportunity for extended uninterrupted guidance allowing you to deepen your meditation practice, receive spiritual teachings, gain insights into the deeper wisdom hidden in the Bhagavad Gita and experience the divinity within.

The retreat begins at 3 pm Friday August 22 & ends 1:30 pm Sunday August 24.

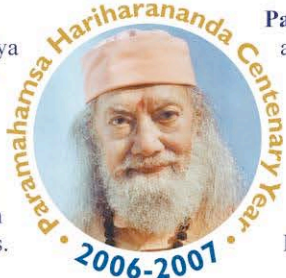
All-inclusive fees (2 nights accommodation, 6 meals): \$325 and \$300
if you register by July 18.

Contact: Monica & Felipe Galvao at (570) 585-8659 or @ monica@nyckriya.org
or visit <http://www.nyckriya.org>.

Note: This retreat is open only to people who have been initiated into the lineage of
Paramahansa Hariharananda and Paramahansa Prajnanananda.

What is Kriya Yoga

In 1861, the immortal Mahavatar Babaji reintroduced Kriya Yoga, the ancient method of living and meditation. Kriya Yoga cultivates body, mind, and intellect using powerful meditative and yogic disciplines. It helps us to cultivate and observe the three divine qualities of light, vibration, and sound by using ancient techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness.



Paramahansa Hariharananda (1907-2002)

a great saint, taught the ancient science of Kriya Yoga, a non-sectarian meditative practice cultivating the body, mind, and soul. Filled with purity and love, he came from a long, unbroken line of masters, ultimately attaining the highest goal of a realized yogi, nirvikalpa samadhi, a conscious, breathless and pulseless state beyond physical limitations. A disciple of Swami Shriyuktishwar and Paramahansa Yogananda, Paramahansa Hariharananda spread Kriya Yoga to the East and West.