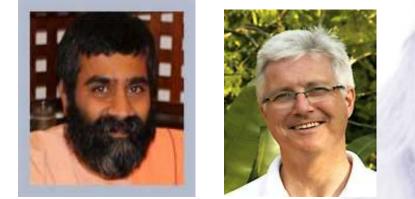




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# **KRIYA YOGA**

**Pathway to Inner Transformation** Swami Purnatmananda and Yogacharya Richard Peterson



# PUBLIC LECTURE: Kriya Yoga: Pathway to Inner Transformation

Friday, September 12, 2014 --7:00pm - 8:30pm

Hapa Yoga 4242 Camino Del Rio N. #10 San Diego, CA 92108

## **INITIATION & WORKSHOP PROGRAM**

Saturday, Sept., 13, 2014	9:30 am – 12:00 pm. – Initiation	P
	Break	8
	1:00 – 4:00 pm – Technique class and meditation	
Sunday, Sept., 14, 2014	9:30 am – 12:00 pm – Technique review and First Kriya Meditation	
	Break	
	1:30 pm – 2:30 pm – Question and Answer	
	2:45 pm 3:45 pm – Meditation	
LOCATION	Hilltop Recteation Center	
	9711 – Oviedo Way	
	San Diego, CA 92129	
CONTACT	Chris Glover 310-403-2597 email: cgls212@aol.com	
	Richard Peterson 818-257-4872 email: losangelskriya@gmail.com	
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**Kriya Yoga** is non-sectarian and can be practiced by all people regardless of religious affiliation. Yogacharya Richard Peterson will initiate any sincere seeker into Kriya Yoga. During initiation, a purification ceremony will be performed to infuse the triple divine qualities of light, sound and vibration into each participant. Call for information on initiation and the weekend meditation workshop or visit <u>www.kriya.org</u>.

#### 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.



### Paramahamsa 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 Shriyukteshwar and Paramahamsa Yogananda, Paramahamsa Hariharananda spread Kriya Yoga to the East and West.