



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 Shriyukteshwarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

PARAMAHAMSA PRAJNANANANDA (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



# Kriya Yoga: Meditation

## Pathway to the Divine

November 21<sup>st</sup> to 23<sup>rd</sup> 2014

Woodland Hills, CA



**Swami Atmavidyananda  
& Yogacharya Richard Peterson**

### Friday, Nov. 21

7:00-8:30 pm Free Public Lecture – Followed by Q&A  
Location: Emerson UU Church  
7304 Jordon Ave.  
Canoga Park, CA 91301

### Saturday, Nov. 22

9:00-12:30 pm Registration and Initiation  
12:30-3:00 pm Lunch  
3:00-4:30 pm Techniques Class  
5:00-6:00 pm Meditation

### Sunday, Nov. 23

8:00-9:30 am 2<sup>nd</sup> Kriya Meditation  
10:00-11:00 am New Student Technique Review  
11:00-12:00 pm Meditation  
12:00-2:30 pm Lunch  
2:30-3:30 pm Discourse/Q&A  
4:00-5:00 pm Meditation

**Initiation Program location  
23905 Sylvan St.  
Woodland Hills, CA 91367  
information**

818-585-4866, [losangeleskriya@gmail.com](mailto:losangeleskriya@gmail.com) 818-257-4872

New Initiates are expected to attend 3 meditation sessions.

The Saturday and Sunday program may only be attended by those initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.