

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

## Denver Kriya Intensive Program February 14 - 15, 2015



With Yogacharya Srinidhi Baba and  
Brahmachari Kriyananda

This Kriya Yoga Intensive program is tailored for existing Kriya Yoga practitioners; to help them deepen their meditation practice, deepen their understanding of scriptures and to provide answers to their questions.

**Intensive Registration:** Please register via email to [kriya.colorado@gmail.com](mailto:kriya.colorado@gmail.com).  
**Cost:** \$20 per day or \$35 for both days, pay (cash or check) at the venue.

**Location - both days:** 15446 E Dorado Ave, Centennial, CO, 80015

### Saturday, Feb 14

8:30 – 10 am 2<sup>nd</sup> Kriya Meditation  
10:15 – 11:15 Spiritual Discourse  
11:30 – 12:30 pm 1<sup>st</sup> Kriya Meditation  
12:30 – 2:30 pm Vegetarian Lunch and Break  
2:30 – 3:45pm Discourse, Q&A  
4:00 – 5:30 pm 1<sup>st</sup> Kriya Meditation

### Sunday, Feb 15

8:30 – 10 am 2<sup>nd</sup> Kriya Meditation  
10:15 – 11:15am Spiritual Discourse  
11:30 – 12:30 pm 1<sup>st</sup> Kriya Meditation  
12:30 – 2:30 pm Vegetarian Potluck Lunch and Break  
3:00 – 4:00 pm Discourse, Q&A  
4:00 – 5:00 pm 1<sup>st</sup> Kriya Meditation

The Saturday and Sunday programs are not open to the public. Participants must already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.

### 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

