

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 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



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THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Mahashivaratri Program Denver, Colorado February 16th - 17th, 2015



with

**Brahmachari Kriyananda and
Yogacharya Srinidhi Baba**

**Monday Evening, Feb 16th to
Tuesday Early Morning, Feb. 17th**

15446 E. Dorado Avenue, Centennial, CO 80015

7:00pm – 8:15 pm 1st Kriya meditation
8:30pm – 10:30pm Mahashivaratri fire ceremony (Homa)
11:00pm – 2:00am Singing and Bhajans on Divinity
2:30am – 6:30 am Meditation on your own

Note: The Fire Ceremony is open for all.
Meditation is open only for Kriyavans.

Please email kriya.colorado@gmail.com for any information.

Participants must already be initiated into Kriya Yoga in the lineage of
Paramahansa Hariharananda and Paramahansa Prajnanananda