

THE ANCIENT, SCIENTIFIC TEACHINGS OF **KRIYA YOGA**

Boise, Idaho
April 17-19, 2015



with
Yogacharya Richard Peterson

Friday, 4/17

7 - 9 pm Public lecture open to all
An Overview of Kriya Yoga

Saturday, 4/18

9 am - noon Initiation
3 - 5 pm Class for new Initiates
7 - 9 pm Discourse and Guided Meditation

Sunday, 4/19

9 am - 4 pm All-Day Program: Discourses, Classes,
Guided Meditations and Lunch

Location

Kriya Yoga International in Idaho
6600 Roe St., Boise, Idaho 83714
www.kriya.org

Contact

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LINEAGE OF MASTERS



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 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.

Yogacharya Richard Peterson

(teacher of the program)

Initiated into Kriya Yoga by Paramahansa Hariharananda in 1979, Richard holds a Master of Arts degree in Education and teaches music and English in the Los Angeles Unified School District.