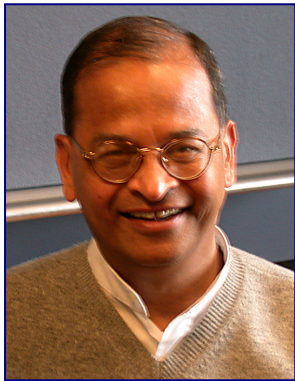


# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**East Coast Retreat - Rochester, New York**

**Karma Yoga within Kriya Yoga**

**August 28<sup>th</sup> – 30<sup>th</sup> 2015**



**Yogacharyas Suresh Kodolikor,  
John Williams and David Strassner**

Dear Divine Soul,

You are invited to join our Yogacharyas to deepen your spiritual practice and seek communion with God at the Notre Dame Retreat House, situated on 100 picturesque acres overlooking Canandaigua Lake south of Rochester New York.

Spend 3 days surrounded by nature, free from the distractions of daily life, with the love and support of fellow Kriyavans as we explore Karma Yoga as an important aspect of our Kriya practice and spiritual lifestyle.

During the retreat you may enjoy strolling around the beautiful grounds, quiet reading time on one of the secluded benches, prayer in the peaceful chapel or relaxing in the gazebo while gazing over the lake.

## Time

Registration begins at 10:30am on Friday August 28<sup>th</sup>, with Lunch at 12:30, and the Opening Ceremony at 2:30. After three days, the retreat will conclude at 3:00pm on Sunday, August 30<sup>th</sup>.

## Location and Contact

5151 Foster Road, Canandaigua, New York 14424

Call Karthi Sugunan at 585-224-6230 or Diane Musial at 585-721-3043  
Send e-mail to rochester.kriya@gmail.com

This Retreat program is 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 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.

## LINEAGE OF MASTERS

