

KRIYA YOGA

Pathway to Inner Transformation *Yogacharya Richard Peterson*



PUBLIC LECTURE: *Kriya Yoga: Pathway to Inner Transformation*

Friday, July 17, 2015 --7:00pm - 8:30pm

Hapa Yoga

4242 Camino Del Rio N. #10
San Diego, CA 92108

INITIATION & WORKSHOP PROGRAM

Saturday, July 18, 2015 9:00 am – 12:00 pm. – Initiation
Break

2:00 – 5:00 pm – Technique class and meditation

Sunday, July 19, 2015 9:00 am – 12:00 pm – Technique review and First Kriya Meditation
Break

1:30 pm – 2:00 pm – Question and Answer

2:00 pm -- 3:00 pm – Meditation

LOCATION

Private Residence
7882 – Altana Way
San Diego, CA 92108

CONTACT

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Judith Peterson 818-585-4866 email: info@losangeles.kriya.org

Kriya Yoga is non-sectarian and can be practiced by all people regardless of religious affiliation.

Yogacharya Richard Peterson will initiate any sincere seeker into Kriya Yoga. During initiation, a purification ceremony will be performed to infuse the triple divine qualities of light, sound and vibration into each participant. Call for information on initiation and the weekend meditation workshop or visit www.kriya.org.

What is Kriya Yoga

In 1861, the immortal Mahavatar Babaji reintroduced Kriya Yoga, the ancient method of living and meditation. Kriya Yoga cultivates body, mind, and intellect using powerful meditative and yogic disciplines. It helps us to cultivate and observe the three divine qualities of light, vibration, and sound by using ancient techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness.



Paramahansa Hariharananda (1907-2002)

a great saint, taught the ancient science of Kriya Yoga, a non-sectarian meditative practice cultivating the body, mind, and soul. Filled with purity and love, he came from a long, unbroken line of masters, ultimately attaining the highest goal of a realized yogi, nirvikalpa samadhi, a conscious, breathless and pulseless state beyond physical limitations. A disciple of Swami Shriyukteshwar and Paramahansa Yogananda, Paramahansa Hariharananda spread Kriya Yoga to the East and West.