

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.



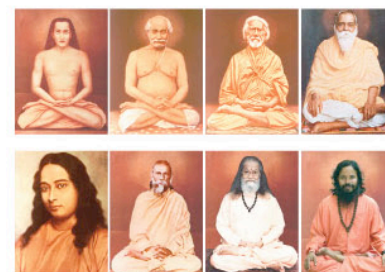
PARAMAHAMSA HARIHARANANDA
(1907-2002) - (photo on the right)

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.

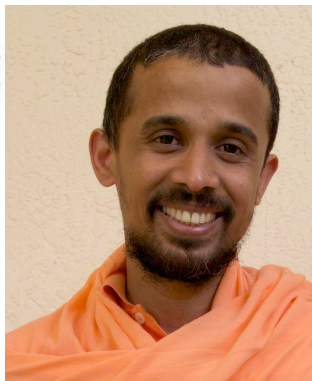
LINEAGE OF MASTERS



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THE TEACHINGS OF KRIYA YOGA

West Coast Silent Retreat, Santa Barbara November 13-15, 2015



with

Swami Vairagyananda & Yogacharya Richard Peterson

**A 3-day residential silent retreat at
La Casa de Maria Retreat Center, Santa Barbara, CA.**

Join us in Santa Barbara for this special opportunity of a silent residential retreat with Swami Vairagyananda and Richard Peterson.

Go within. Experience blissful silence and gain perspective at beautiful La Casa de Maria Retreat Center.

Cost: \$375. **Discount:** \$350 when paid in full by Sept 15.
Includes: 3 days, 2 nights and 7 vegetarian meals, starting with lunch on Friday and ending with lunch on Sunday.

Lodging is very comfortable and facilities close.
Space is limited. Early registration is suggested with a \$50 deposit.

Check in: 9am, Friday, November 13
Retreat starts: 10am, Friday, November 13
Retreat Ends: 2pm, Sunday, November 15

Out of town travelers can stay overnight at the Casa de La Maria on Thursday for an overnight charge. Please ask us if you are interested.

To Register:

Fill out the forms that came with this flyer.
Or contact Lauren Darges, 707-971-0340, info@northern-ca.kriya.org
or Lucy O'Brien, 805-962-9092, info@santabarabara.kriya.org

The retreat is for initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.
www.kriya.org