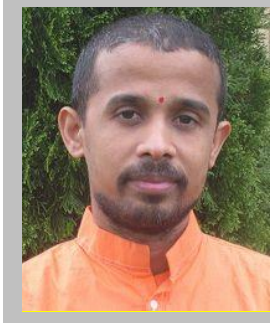


the loving teachings of **KRIYA YOGA**



With
Swami Vairagyananda Giri

80 Navillus Rd. Tewksbury, MA September 11-13

Friday (suggested love offering \$15)

06.30pm-07.30pm – First Kriya Meditation
07.30pm-08.00pm – Discussion, Q and A

Saturday (suggested love offering full day \$40)

06.30am-08.00am – Second Kriya Meditation
09.30am-10.30am – Class
10.45am-12.00pm – First Kriya Meditation
02.30pm-03.30pm – Video Discourse
04.00pm-05.00pm – Class
05.15pm-06.30pm – First Kriya Meditation

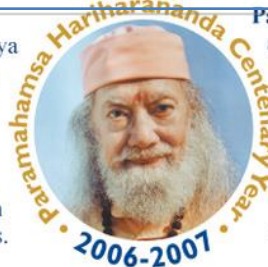
Sunday (suggested love offering full day \$40)

07.00am-08.30am – First Kriya Meditation
10.00am-12.00pm – MahaMrutyanjaya homa(Fire Ceremony)
-- [we will open for all.. we will provide lunch for everyone.. Those who are not initiated would leave after food)
02.30pm-03.30pm – Video Discourse
04.00pm-04.30pm – Q & A
04.30pm-05.30pm – First Kriya Meditation
Please come even if love offering not possible. Vegetarian meals served.

The embodiment of Divine Love
Human beings pine for love in this world
without which life is empty. When the love
is intense, unconditional, and devoid
of expectations, it transforms into divine love.
True fulfillment and unbound joy can come only
from divine love.

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-secular 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 Shriyuktishwar and Paramahansa Yogananda, Paramahansa Hariharananda spread Kriya Yoga to the East and West.