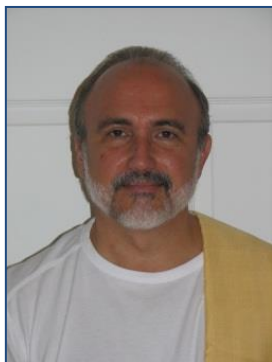


# The loving teachings of Kriya Yoga

## Refresher/Initiation Weekend Calendar for 2016

### Mother Center, Homestead, FL



*With Yogacharya  
 John Thomas Lopategui*

Refresher Weekends help deepen your practice. You can attend the initiation ceremony, technique reviews, Q& A sessions and guided meditations. Kriyavans have shared with us that these weekends have proven to be really beneficial.

**Only those who are previously initiated or who are registered to be initiated may attend. There is no charge to attend for those already initiated – Love Offerings Welcome.**

#### 2016 Dates

Jan 16 - 17

#### Typical Initiation Schedule:

Mar 12 - 13

#### Saturday

08:30am – 09:00am Registration  
 09:00am – 12:15pm Initiation Ceremony  
 12:15pm – 01:00pm Lunch  
 03:00pm – 04:45pm Teaching of Techniques  
 05:00pm – 06:00pm Guided Meditation

Apr 09 - 10

May 07 - 08

Jun 11 - 12

Jul 16 - 17

#### Sunday

09:00am – 10:15am Technique Review  
 10:30am – 11:00am Q & A  
 11:00am – 12:00pm Guided Meditation  
 12:15pm – 01:00pm Lunch  
 03:00pm – 03:45pm Q & A  
 04:00pm – 05:00pm Guided Meditation

Aug 20 - 21

Sep 10 - 11

Oct 15 - 16

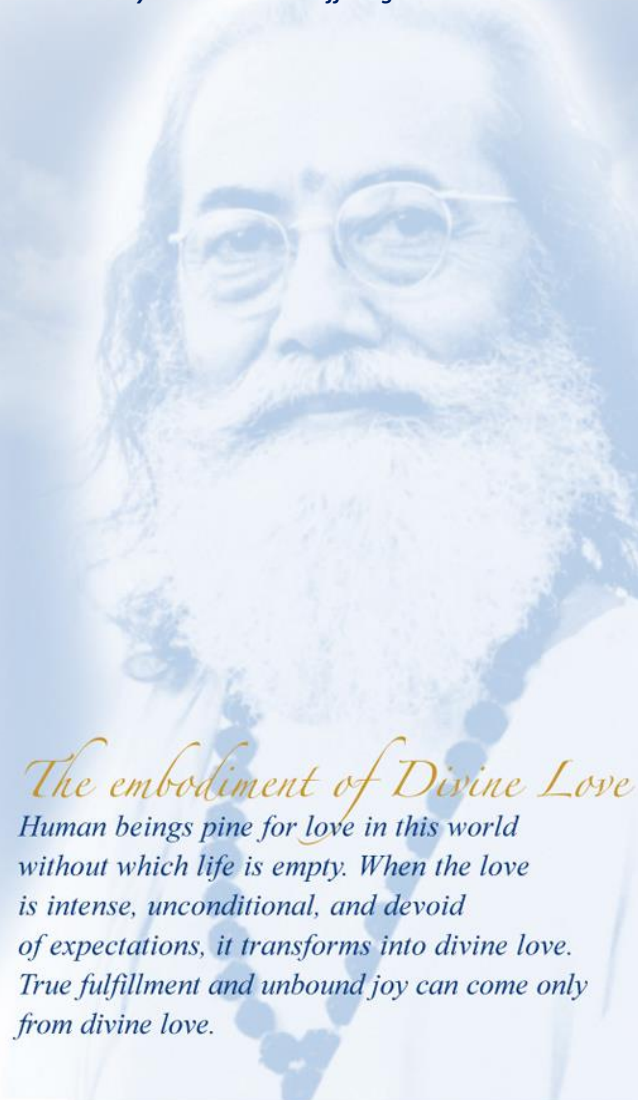
Nov 12 - 13

Dec 17 - 18

**To reserve your place contact us.**

**Phone: 305-247-1960**

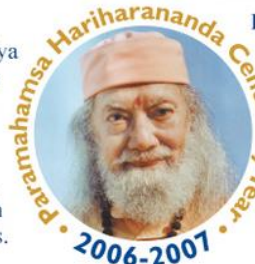
**Email: institute@kriya.org**



*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 Shriyuktेश्वar and Paramahansa Yogananda, Paramahansa Hariharananda spread Kriya Yoga to the East and West.