



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 yo, the indwelling soul. It is a universal spiritual discipline that crosses all divisions and boundaries.

EAST COAST REGIONAL RETREAT KRIYA YOGA

“Making Friendship with the Mind through Kriya Yoga”

Sharpsburg, Maryland
August 26-28, 2016



Yogacharya
Suresh Kodollikar



Yogacharya
David Strassner



Yogacharya
John Williams

Please join us for an inspirational 3-day retreat in the peaceful, natural surroundings of Shepherd's Spring retreat center, 1.5 hours from Baltimore, MD and Washington DC. This is a rare opportunity for extended uninterrupted reflection, guided meditations, classes and opportunities for one-on-one time with our three highly advanced Kriya Yoga teachers, Yogacharyas Suresh Kodollikar, David Strassner and John Williams. Guruji's book Know Your Mind will be used as a reference/companion as we explore the retreat topic.



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



Date/Time:

Registration begins 10:30 am, Friday, August 26th
Retreat concludes 2:00 pm Sunday, August 28th

Location:

Shepherd's Spring Outdoor Ministry Center
16869 Taylors Landing Road, Sharpsburg, MD
21782, phone 301-223-8193
www.shepherdsspring.org

Registration:

Registration Form and Retreat Information available at:
http://www.kriya.org/calendar_event.php?id=3207

All-inclusive rate includes 2 nights, 7 vegetarian meals and snacks
Registration due by August 10, 2016 - Space limit 35 (first-come)
Early bird special \$300.00 *save \$25.00* if received by July 24th.
Regular rate after July 25th is \$325.00

Contact: info@baltimore.kriya.org

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