

EAST COAST RETREAT

Rochester, New York

Friday, July 7th to Sunday, July 9th 2023



**with Swami Atmavidyananda Giri and Yogacharyas
Suresh Kodalekar, David Strassner, Niva Kodolekar
and John Williams**

OVERCOMING CHALLENGES AS A MEDITATOR

This summer the Rochester Center will be hosting the East Coast Retreat at Chapin Mill Retreat Center in Batavia, New York. It will be the first East Coast Retreat since 2019; we are so happy that finally after the long period of Covid we are getting back to hosting Kriya Yoga activities again.

Spend 3 days surrounded by nature, free from the distractions of daily life, with Swami Atmavidyananda Giri, Yogacharyas Suresh and Niva Kodolekar, David Strassner and John Williams, and in the companionship of your fellow Kriyavans

Early registration Cost of this retreat is \$250.

Seniors, students and couples will have a reduced rate of \$225.

Cost of late registration after June 15th is \$275

Daily Cost (without overnight stay) is \$50

Time

Registration begins at 11:00 am on Friday July 7th, with Lunch at 12:30, and the Opening Ceremony at 4:00. After three days, the retreat will conclude at 4:00pm on Sunday, July 9th. (See the schedule)

Location and Contact

5357 Grist Mill Rd, **Batavia**, NY 14020

Call Karthi Sugunan at 585-224-6230 or Sucheta Tandon at 585-223-3167

Send e-mail to rochester-ny@kriya.org

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 Shriyuktेशwarji 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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