

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Public Lecture & Initiation

Santa Barbara, October 11-13, 2024



with Yogacharya Lucy O'Brien



7:00-8:15 pm

Friday, October 11

**Free Public Lecture - Open to All
Kriya Yoga- Ancient Science of Meditation**

Location: Yoga Soup, 28 Parker Way, Santa Barbara

9:00-12:00 pm
12:00-2:00 pm
2:00-3:45 pm
4:00-5:00 pm

Saturday, October 12

Registration and Initiation
Lunch Break (on own)
Techniques Class
Meditation (all initiated students)

9:00-10:00am
10:00 -11:15 am
11:30-12:30 pm
12:30-1:30 pm
1:30-2:15 pm
2:30-3:30 pm

Sunday, October 13

Meditation (all initiated students)
Technique Review
Meditation (all initiated students)
Lunch Break – Pot Luck
Discourse/Q&A
Meditation (all initiated students) & Closing

Program location Saturday/Sunday

Arlunviji Transformative Movement
300 E. Canon Perdido, Ste A-1, Santa Barbara, CA

Registration for Weekend Program

For Info: Contact Lucy O'Brien, lucyobrien99@gmail.com 805-895-0966
Use QR Code above to Register Web: Kriya.org
<https://kriya.org/online-registration/7014/en>

New Initiates are expected to attend 3 meditation sessions.

The Saturday and Sunday program may only be attended by those initiated
into Kriya Yoga in the lineage of
Paramahansa Hariharananda and Paramahansa Prajnanananda

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

