

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA



*Yogacharya Richard Peterson Baba,
Kriya Yoga teacher*

FREE PUBLIC LECTURE

FRIDAY JULY 22, 7 – 8:30 PM

First Congregational Church of Christ

2801 Lomas Blvd NE, Albuquerque, NM 87110
(Girard and Lomas)

Weekend Kriya Yoga Initiation and Instruction Program:

Interested in initiation into Kriya Yoga? Join us at The **SOURCE**:
1111 Carlisle Blvd., SE, ABQ, NM 87106 (Carlisle and Anderson)

Program Schedule:

Saturday, July 23:

9 am – 9:30 am	Registration
9:30 am–12 pm	Initiation Ceremony
12 pm – 2 pm	Vegetarian lunch
2 pm – 6 pm	Techniques Class, Lecture and Guided Meditations

Sunday, July 24:

10 am – 11 am	Technique Review
11 am – 12 pm	Guided Meditation
12 pm – 2 pm	Lunch break
2 pm – 6 pm	Benefits and Guidance for Daily Practice, Guided Meditations

For more information, contact the Albuquerque Kriya Yoga Center:

Phone: (505) 286-2572

Web: www.abqkriya.org

Email: info@albuquerque.kriya.org

facebook.com/groups/ABQKriya



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.



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 Shriyuktेश्वarji 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

