

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 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



KY1108000103(1008)ROCNV

THE TEACHINGS OF KRIYA YOGA

West Coast Silent Retreat, Santa Barbara October 14-16, 2016



with

Yogacharyas Richard Peterson and David Strassner,
and Swami Sahajananda

**A 3-day residential silent retreat at
La Casa de Maria Retreat Center, Santa Barbara, CA.**

Join us for this special opportunity of a silent residential retreat with three fantastic teachers: Richard Peterson, David Strassner and Swami Sahajananda.

Go within. Experience blissful silence and gain perspective at beautiful La Casa de Maria Retreat Center in gorgeous Santa Barbara.

Cost: \$375 triple room occupancy or \$425 double room.

Discount: \$50 when paid in full by Sept 15. Commuter rates available

Includes: 3 days, 2 nights and 6 vegetarian meals, starting with lunch on Friday and ending with breakfast on Sunday (box lunch available on Sunday).

Lodging is very comfortable and facilities close.

Space is limited. Early registration is suggested with a \$50 deposit.

Check in: 9am, Friday, October 14

Retreat starts: 10am, Friday, October 14

Retreat Ends: 2 pm, Sunday, October 16

To Register: Fill out the forms that came with this flyer.

Or contact Lauren Darges, 707-971-0340, info@northern-ca.kriya.org

The retreat is for initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.

www.kriya.org

