



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 you, 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 PRAJNANANANDA (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



THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Denver, Colorado. December 3-4, 2016



with

Yogacharya Srinidhi Baba, Swami Purnatmananda Giri & Brahmachari Dhyanda

Gurudev Mahasamadhi Anniversary Celebration ~ Donations Welcome ~

Saturday December 3rd

- 8:30 am-9:30 am Guru Paduka Puja
9.45 am -10:45 Part1 Gurudev's Biographical Video
11:00-12:00 Meditation
12:00-1:30 Lunch/Seva activity
1:30-2:30 Teachings of Gurudev
3:00-4:00 Part 2 Gurudev's Biographical Video
4:00-4:30 Snack and tea break
4:30-5:00 Memories of Gurudev
5:00-6:00 Short meditation and close

Sunday, December 4th

- 9:00 - 10:00 am - Bhagavad Gita discourse of Guruji
10.00 - 11.30 - 2nd kriya Meditation
10.30 am - 11: 30 am - 1st kriya Meditation
11:30 am-12:00 pm - Spiritual Discourse
Potluck vegetarian lunch

LOCATION

Temple of Peace, 5925 W 1st Ave., Lakewood, CO - 80226.

CONTACT

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Saturday & Sunday activities are for new and current initiates

Parmahansa Hariharananda and Paramahansa Prajnanananda.