

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



THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Gold Beach, Oregon
January 27, 28, 29, 2017



with Yogacharya Richard Peterson

Friday, January 27

7 – 9 pm Public Lecture – All are invited to attend

Saturday, January 28

9 – 12 noon Kriya Yoga Initiation – Registration Required
12:30 – 1:30 pm Vegetarian Lunch (Provided) and Cleanup
1:30 – 3:30 pm Book Sales, Rest, Read, & Contemplate
3:30 – 5 pm Instruction of Kriya Techniques
5 – 6:30 pm Kriya Meditation

Sunday, January 29

7:00 – 8:00 am Kriya Meditation
8:15 – 10:15 am Technique Review/Class/Q & A
10:15 – 11:15 am Kriya Meditation
11:15 – 11:30 am Closing

Location

Gold Beach Resort Conference Room
29232 Ellensburg Ave., Gold Beach, OR 97444

Registration Contact

Kristina Adams: email info.goldbeach@kriya.org or call 719-849-8420
Initiation fee \$150

This weekend program is open to new and previous initiates of the Kriya Yoga lineage from Paramahansa Hariharananda and Paramahansa Prajnanananda.