

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.



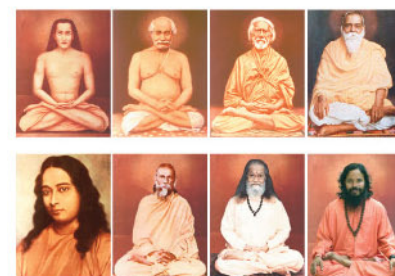
PARAMAHAMSA HARIHARANANDA
(1907-2002) - (photo on the right)

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



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Paramahansa Yogananda's 125th Birth Year Satsang Wednesday, September 13, 2017



with **Swami Atmavidyananda Giri, Yogacharya
Richard Peterson, Yogacharya Durga Chunduri,
and Yogacharya Srinidhi Baba**

Anticipate Being in Supremely Divine Company

Apart from guided meditations and classes, this seminar includes a special Guru Paduka puja. Come, deepen your practice, and fill your heart with divine love.

Event Schedule

5:30 am	Asana	12:30 pm	Lunch
6:00 am	Meditation	4:00 pm	Q & A
7:30 am	Breakfast	5:30 pm	Meditation
9:00 am	Guru Paduka Puja	6:30 pm	Dinner
11:00 am	Meditation	7:45 pm	Closing Ceremony

Investment: \$108

Pre-registration is required.

Space is limited. This seminar program is not open to the public. Participants must already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.

Location

Poverello of Assisi Auditorium
1519 Woodworth Street, San Fernando, CA 91340