

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Kriya Intensive - no initiation

Paramahansa Yogananadaji – Rules our Heart,
Boston, MA October 20-22 2017



with

Swami Vairagyananda Giri &
Brahmachari Dhyanaanda



Friday, October 20

6:30 – 7:30 pm Class
7:30 – 8:30 pm 1st Kriya meditation
8:30 – 10:00 pm Dinner, Clean Up, Singing Bhajans & Retire

Saturday, October 21

9:00 – 11:00am 1st and 2nd Kriya meditation
11:15 – 12:15 Class
12:30 – 2:00 -> Lunch, Clean up and Rest/Silence time and self silent meditation

2:00 – 3:00 -> Video Discourse of Baba
3:15 – 4:15 -> Class
4:30 – 6:00 pm 1st Kriya meditation
6:30 – 8 pm Dinner, Clean Up
8:00 – 9:00pm Satsang / Bhajans / Chanting around Firepit

Sunday, October 22

7:30 – 9:00am 1st Kriya meditation
9:30 – 12:15pm Guru Paduka Pooja, Fire Ceremony, abbreviated 1st Kriya practice
12:30 – 2:00 Lunch and rest period
2:30 – 3:15 pm Class and Questions
3:30 – 4:30 pm 1st Kriya meditation

Location for Program

Tewksbury private residence, accommodations for vegetarian food throughout program. If you need a place to stay let us know.

Questions or Registration

Send to Ryan or Pradeep at kriyayogaboston@gmail.com; \$90 for weekend
Friday \$10, Saturday \$40, Sunday \$40

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

