

The Ancient Scientific Teachings of

KRIYA YOGA

1-Day Intensive Program



Instructed by:
Swami Purnatmananandaji

Gold Beach, OR
Monday, January 29th
8am—5pm

Sure Stay Best Western Hotel Conference Room
 29232 Ellensberg Ave., Gold Beach, OR 97444

Schedule

8-9:30 am	Meditation
10:00-11:30 am	Class
11:45-12:15	Meditation
12:30 – 1:30 pm	Vegetarian Potluck Lunch and Clean-up
2:00 – 3:30pm	Q&A
3:40 – 4:40 pm	Meditation
4:50 – 5:00pm	Closing

Registration Contact: Kristina Adams: email info.goldbeach@kriya.org
 or call 719-849-8420 Intensive fee \$35

The Intensive program is open to new and previous initiates of the Kriya Yoga lineage from Paramahansa Hariharananda and Paramahansa Prajñanananda



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 Shriyuktेश्वarji 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

