



The Ancient, Scientific Teachings of Kriya Yoga

Free Public Lecture
Yogacharya Srinidhi Baba
Friday, October 26 at 7 PM



Gayatri Temple
136-F Washington St. SE, Albuquerque, NM
 (near Washington & Central)

Friday Evening Lecture:

The Kriya Yoga Center of Albuquerque will host Yogacharya Srinidhi Baba who is authorized to initiate and teach sincere seekers into the original and authentic Kriya Yoga. Kriya Yoga is an ancient technique of deep meditation and God realization through breath control, as written about in the Autobiography of a Yogi by Paramahansa Yogananda. Please join us for an evening of rare spiritual insight.

Weekend Program Schedule:

Yogacharya Srinidhi Baba will initiate any sincere seeker into Kriya Yoga. During the initiation, a purification ceremony will be performed to infuse the triple divine qualities of light, sound and vibration into each participant. Information on initiation & group meditation will be given at the Public Lecture. Kriya Yoga is non-sectarian and can be practiced by all people regardless of religious affiliation.

Saturday October 27		Sunday, October 28	
8:30 AM - 9:00 AM	Registration	10:00 AM - 11:00 AM	Technique Review
9:00 AM - 12:00 PM	Initiation Ceremony	11:00 AM - 12:00 PM	Guided Meditation
12:30 PM - 1:30 PM	Vegetarian Lunch	12:00 PM - 1:00 PM	Vegetarian Lunch
1:30 PM - 2:30 PM	Kriya Yoga Technique	1:00 PM - 2:00 PM	Spiritual Discourse and Q&A
2:45 PM - 3:45 PM	Guided Meditation	2:15 PM - 3:15 PM	Guided Meditation
4:00 PM - 6:00 PM	Spiritual Discourse and Guided Meditation	3:15 PM - 3:30 PM	Closing Ceremony

For more information about the Public Lecture or Weekend Program, contact the Albuquerque Kriya Yoga Center: (505) 286-2572, info@albuquerque.kriya.org or facebook.com/groups/ABQKriya



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

