

The Ancient, Scientific Teachings of **Kriya Yoga Meditation**

February 8, 9, 10, 11, 2019

Gold Beach, Oregon



with

Swami Atmavidyanandaji, Yogacharya Amit Chatterjee

Friday, February 8

7- 8:30pm

Free Public lecture

All are invited to attend (Curry Public Library)

Saturday, February 9th

9- 12 noon

Kriya Yoga initiation – Registration Required -
Lunch (Vegetarian provided)

12:15-1:15pm

1:15-2:30pm

Seva, Book Sales, Rest, Read, Contemplate

2:30- 4:15pm

Kriya Technique Instruction

4:30-5:30pm

Kriya Yoga Meditation

Sunday, February 10th

8- 9 am

Kriya Yoga Meditation

9:10 -11:30 am

Technique Review/ Q&A

11:45- 12:15pm

Kriya Yoga Meditation

12:30 - 1:30 pm

Lunch (Vegetarian provided)

1:30 pm- 2:15pm

Seva, Book sales, Rest, Read, Contemplate

2:15 - 4pm

Class – Benefits & Q&A

4:10- 5:10pm

Kriya Yoga Meditation

5:15-5:30pm

Closing

Monday, February 11th

8am – 5pm

Kriya Yoga Intensive -Registration Required

Registration Contact

Kristina Adams email: info.goldbeach@kriya.org or call 719-849-8420

Initiation Fee \$180 Intensive fee \$35

Saturday through Monday 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



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