

WHAT IS KRIYA YOGA

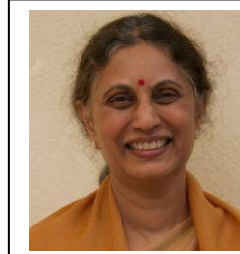
Kriya Yoga is an ancient method of living and meditation that cultivates body, mind, intellect, and awareness of the soul using powerful meditative and yogic disciplines. It helps us to experience the three divine qualities of light, vibration, and sound by using techniques of concentration, posture, 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.

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA MEDITATION



Bozeman, MT

June 21-23



Instructors:

Swami Purnatmananda

Yogacharya Durga Chunduri



Friday, June 21 • 7 – 8:30 pm

Public Lecture Open to All

~ Donations Welcome ~

Pilgrim Congregational Church 118 S. 3rd Bozeman

**Topic: Kriya Yoga: The Ancient Science of
Meditation**

**Saturday
June 22**

8:30 am Registration
9:00 am - 5:00 pm

**Initiation
Vegetarian Lunch
Learn Technique
Meditation**

**Sunday
June 23**

9:00 am – 5:00 pm

**Technique Review
Meditation
Vegetarian Lunch
Benefits / Q & A
Meditation**

Call to register and inquire about the weekend seminar fee.

Location: 402 N. Grand Ave.

Bozeman, MT

Contact: Mary Wagner 714-222-3633

websites: www.templeofpeace.co www.kriya.org



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

