

The Ancient, Scientific teachings of Kriya Yoga

Kriya Intensive (no initiation)

Topic

Divine Flowers - Inspiration from Kriya Masters

Boston, MA

July 26 – 28, 2019



Swami Sahajananda Giri & Swami Adhyatmananda Giri



Friday, July 26th

6:30 – 7:00 pm Welcome and Introduction
7:00 – 8:00 pm 1st kriya Guided Meditation.
8:15 pm Dinner

Saturday, July 27th:

8:00-9:30 am 1st & 2nd Kriya Meditation
10:00 – 11:00 am Discourse (1) + Q&A
11:15 – 12:15 pm 1st Kriya Meditation
12:30 pm Lunch and Rest
3:00 – 4:00 pm Discourse (2) + Q&A
4:30 – 6:00 pm 1st Kriya Meditation.

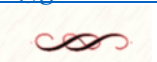
Sunday, July 28th:

8:00-9:30 am 1st & 2nd Kriya Meditation
10:00 – 11:15 am Discourse (3) + Q&A
11:30 – 12:30 pm 1st Kriya Meditation
11:30 – 12:30 pm Beginners Meditation (for non-kriyavans)
12:30 pm Lunch and Rest
3:00 – 4:00 pm Discourse (4) + Q&A
4:30 – 6:00 pm 1st Kriya Meditation.



Location for Program

Ashland private residence, accommodations for vegetarian food throughout program. If you need a place to stay let us know. Contact kriyayogaboston@gmail.com for questions.



Questions or Registration

Send to Ryan or Pradeep at kriyayogaboston@gmail.com; \$60 for weekend Friday included, Saturday \$30, Sunday \$30



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

