



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 PRAJNANANANDA (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



KY1108000103(1008)ROCNV

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA MEDITATION

Telluride, Colorado - August 16-18, 2019



With
Swami Purnatmananda Giri

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Friday, August 16

7:00-8.15 pm Public Lecture - Open to All

Topic: Kriya Yoga: The Ancient Science of Meditation
~ Donations for Public Lecture welcome ~

Saturday, August 17

8:30 am Registration
9:00 am-12:00 pm – Initiation
12:00 – 1:00 – Lunch Break
1:00-3:00 pm – Technique Class
3:15-4:15 pm – Guided Meditation

Sunday, August 18

8:00-9.30 am – Guided Meditation & Review
9.30 – 1.00 pm – Break & Lunch
1:00-3:00 pm – Technique Review / Q & A / Benefits
3:15-4:15 pm – Guided Meditation

LOCATION

Public Talk & Initiation/Teaching

Telluride Yoga Center, 201 West Colorado Avenue, Telluride, CO, 81435

Contact

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Phone: Jason White - 970 729 0045

Please call for reservation and pricing information