



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.

KRIYA YOGA

EAST COAST REGIONAL RETREAT

Sharpsburg, Maryland
August 23-25, 2019



Yogacharya
Suresh Kodoliar



Yogacharya
John Williams



Yogacharya
Denise Hunt



Yogacharya
Kim Hunt

Practical Spirituality in Daily Life *Applying the teachings of the Kriya Yoga Masters*

Join us for an inspiring 3-day retreat in the peaceful, natural surroundings of Shepherd's Spring Retreat Center, 1.5 hours from Baltimore, MD and Washington DC. Deepen your meditation practice, receive personal guidance and gain insights into the deeper wisdom of scriptural texts and teachings of the Kriya Yoga lineage.



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



Date/Time:

Check-in begins 10:30 am Fri. - Check-out 2 pm Sun.

Location:

Shepherd's Spring Outdoor Ministry Center
16869 Taylors Landing Road, Sharpsburg, MD 21782
Phone 301-223-8193, www.shepherdspring.org

Registration & Cost

Registration Form and all Retreat Information available at:
<https://www.kriya.org/event-details/4745/en>

All-inclusive rate includes accommodations, vegetarian meals and program.

Registration & Payment due by August 2nd - Space limit 35 (first-come)

Early bird special rate \$310 *save \$15* if received by July 20th.

Regular rate after July 20th is \$325 *See Registration Form for details.

**This Retreat is open to initiates in the lineage of Paramahansa Hariharananda & Paramahansa Prajñanananda*

Contact: info@baltimore.kriya.org
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