

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

## Public Lecture & Initiation

**Santa Barbara, November 1-3, 2019**



with

**Yogacharyas Amit Chatterjee & Lucy O'Brien**

7:00-8:30 pm

**Friday, November 1**

**Free Public Lecture - Open to All  
Creating Balance in a Changing World**

Location: Montecito Library  
1469 E. Valley Road, Montecito, CA

9:00-12:30 pm

**Saturday, November 2**

Registration and Initiation  
Lunch Break (on own)  
Techniques Class  
Meditation (all initiated students)

12:30-2:30 pm

2:30-3:45 pm

4:00-5:00 pm

9:00-10:00 am

**Sunday, November 3**

Meditation (all initiated students)  
Technique Review  
Meditation (all initiated students)  
Lunch Break – Pot Luck  
Discourse/Q&A  
Meditation (all initiated students) & Closing

10:10-11:00 am

11:10-12:00 pm

12:15-2:00 pm

2:00-2:45 pm

3:00-4:30 pm

**Program location Saturday/Sunday**

Private Residence  
1019 - Quinientos St. #6  
Santa Barbara, CA 93101

**Registration for Weekend Program**

For Info: Contact Lucy O'Brien [info@santabarbara.kriya.org](mailto:info@santabarbara.kriya.org) 805-895-0966

**New Initiates are expected to attend 3 meditation sessions.**

The Saturday and Sunday program may only be attended by those initiated  
into Kriya Yoga in the lineage of

Paramahansa Hariharananda and Paramahansa Prajnanananda

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 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

