



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



THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA MEDITATION

Bozeman, MT June 5 – 7, 2020



with
Yogacharya Richard Peterson

FREE PUBLIC LECTURE: Friday, June 5

7 – 8:00 pm **Understanding the Mind: your key to happiness.**

Location: YogaMotion 521 E. Peach St. Suite B * Bozeman, MT 59715

WEEKEND PROGRAM (call for Initiation fee) 714-222-3633

Location: 402 N. Grand Ave. Bozeman, MT 59715

Saturday March 7

8:30 am – 9am Registration for Initiation
9 am - 12 pm Initiation Ceremony
12 pm – 2 pm Break for Lunch
2 pm – 4 pm Teaching of Techniques
4 pm – 5 pm Guided Meditation

Sunday March 8

9 am- 12pm Technique Review & Meditation
12 pm – 2 pm Break for Lunch
2 pm – 5pm Q & A, Discourse, Meditation
A vegetarian hot lunch is included, both days.

Contact

Mary Wagner 714-222-3633
to register for initiation or other inquiries.