

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



Kriya Yoga: Meditation Pathway to the Divine

**Friday, Saturday and Sunday
May 1, 2 and 3, 2020**



with Yogacharyas Richard Peterson and Lucy O'Brien

Friday, May 1

7:00 – 8:30 pm Free public lecture

Saturday, May 2

9:00 am – 12:30 pm Registration and Initiation
12:30 – 2:30 pm Lunch
2:30 – 4:30 pm Techniques Class
5:00 – 6:00 pm Meditation

Sunday, May 3

9:00 am – 11:00 pm Technique Review
11:00 am – 12:00 pm Meditation
12:00 – 2:30 pm Lunch
2:30 – 3:30 pm Discourse/Q&A
3:30 – 4:30 pm Meditation

Limited Space. Please contact for details and registration:
Phone: 747-224-0402, Email: kriyalosangeles@gmail.com

Location

Param Yoga Healing Arts Center
21750 Devonshire St., Chatsworth, CA 91311

For more information, visit the Kriya Los Angeles website at

KriyaLosAngeles.org