

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**Bogotá, Colombia August 4-7, 2011**



**With Swami Atmavidyananda & Yogacharya Richard Peterson**

## Thursday 4<sup>th</sup>, August

7:00 – 9:00pm

Public Lecture

***Kriya Yoga The Ancient Science of Breath & Meditation***

Location: Los Fundadores Library Gimnasio Moderno, Carrera 9 No. 74 – 99

## Friday 5<sup>th</sup>, August

7:00 – 9:00pm

Public Lecture

***The Breath, Inner Peace and Kriya Yoga***

Centro Holístico, Calle 118 No. 20 – 13; Tel.: 629 8496

## Saturday 6<sup>th</sup> August

8:00 am – 4:30 pm Initiations, teaching Kriya Yoga technique

4:30pm – 6:00 pm Guided Meditations (Kriya 1, Kriya 2)

## Sunday, 7<sup>th</sup> August

8:00 - 12:30pm Guided Meditations (Kriya 1 and Kriya 2)  
& technique review

2:30 – 4:30 pm Class & question and answer

4:45 – 6:00 pm Group meditation; closing ceremony.

## Location for Saturday & Sunday

**CEPCAM (Centro de Estudios Pastorales Cardenal Aníbal Muñoz Duque).**

**Calle 119 No. 5 – 25 Usaquén, Bogotá.**

**Registration Contacts: [kriyabogota@gmail.com](mailto:kriyabogota@gmail.com)**

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**Note: There will be Kriya 1 Kriya 2 meditations for already initiated disciples at Fractales (Carrera 18 No. 116 – 62) on Thursday August 4, Friday August 5 and Monday August 8 at 7:00 am (voluntary donation of COL 5.000).**

This weekend program is for those to be initiated and those who are already initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.

## 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

