

KRIYA YOGA

THE ANCIENT SCIENCE OF MEDITATION

Sept 6 - 8, 2024
Albuquerque, New Mexico



Yogacharya Richard Peterson

FREE PUBLIC LECTURE:

Friday, Sept 6:

7 pm – 8 pm

Garuda Tibetan Tai Chi

10900 Menaul NE Suite L, Albuquerque, NM 87112

(Menaul near Juan Tabo Blvd.)

INITIATION & TRAINING:

Garuda Tibetan Tai Chi (Saturday & Sunday)

10900 Menaul NE Suite L, Albuquerque, NM 87112

Suggested donation: \$180.00

Saturday, Sept 7:

8:30 am – 12 pm

Kriya Yoga Initiation

1:30 pm – 4 pm:

Kriya Yoga Instruction & Guided Meditation

12 pm – 1:30 pm

Vegetarian Lunch

Sunday, Sept 8:

9 am – 12 pm

Guided Meditation / Q&A

1:30 pm – 4 pm

Discourse / Guided Meditation / Book Sales / Q&A

FOR MORE INFO:

Email: albuquerque-nm@kriya.org

Phone/text: (505) 289-3922

FB: ABQ Kriya Yoga

www.kriya.org

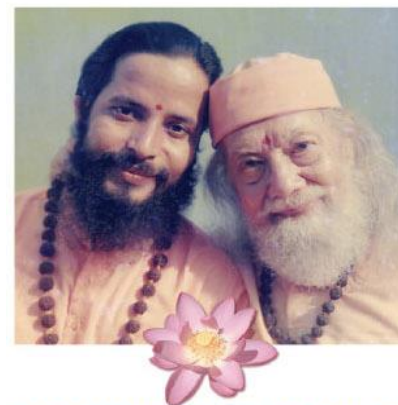


Register for Initiation and Training Program here:



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 Shriyukteshwarji 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

