

**THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA  
SEPTEMBER 09, 10, & 11, 2022**



with

**YOGACHARYA AMIT CHATTERJEE**

<p><b>Sept. 09, 2022. Friday 7:00PM -8:30 PM</b></p>	<p><b>Public Lecture, All are welcome! Free entry !</b> <b>Introduction to Kriya Yoga</b></p>
<p><b>Sept. 10, 2022; Saturday *</b> <b>9:30-10:30 AM</b> <b>10:30AM – 1:00 PM</b> <b>01:00 PM – 2:30PM</b> <b>2:30 PM – 5:30 PM</b></p>	<p><b>Registration*</b> <b>Initiation Ceremony**</b> <b>Vegetarian Lunch</b> <b>Detailed explanation of technique and</b> <b>Guided Meditation</b></p>
<p><b>Sept. 11, 2022; Sunday*</b> <b>9:30AM-12:30PM</b>  <b>01:00PM – 2:30PM</b> <b>2:30 PM – 5:30 PM</b></p>	<p><b>Guided Kriya Meditation</b> <b>Technique review , Q &amp; A</b>  <b>Vegetarian Lunch</b> <b>Teachings, Guided Meditation</b></p>
<p><b>Venue :</b> <b>Room 402 (Entrance from Level 4)</b> <b>HECSA Balaji Temple Office</b> <b>6100 SW Raab Road,</b> <b>Portland, OR-97221</b> <b>(Free Parking available on all levels)</b></p>	<p><b>Questions or Concerns ?</b> <b>Contact: David Baba or Sadhna Ma</b> <b>David: 360-504-6557</b> <b>Sadhna: 360-261-4777</b> <b>eMail: <a href="mailto:portland-or@kriya.org">portland-or@kriya.org</a></b></p>

**Important Information :**

- **\*Saturday and Sunday events are open ONLY to the individuals who are taking initiation into Kriya yoga path on Saturday morning or who have already been taken initiation into Kriya lineage of Paramahamsa Hariharananda and Paramahamsa Prajnanananda previously.**
- **\*\*An offering and donation will be required from each individual taking initiation.** (To know more about initiation process please visit- <https://www.kriya.org/page/initiation/en> or contact us)
- Previously initiated Kriyavans attend for free by confirming their attendance by Sept 01, 2022
- For rideshare or any other concerns contact Sadhna or David .
- Please bring a pen and a diary to take notes.
- You can bring cushion or blanket for meditation. Regular chairs, and some cushions and chairs are available in temple.
- Individuals to wear modest and comfortable clothes that will allow to practice the techniques. Please avoid shorts, tank-tops, or revealing clothes.
- Please avoid wearing perfume as others may have perfume intolerance
- For more info on Kriya Yoga please visit [www.kriya.org](http://www.kriya.org) or contact us.
- For more information on Lineage and Yogacharya please visit <https://www.kriya.org/page/our-lineage/en> or contact us.



**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 Paramahamsa Yoganandaji, he spread Kriya Yoga to the East and West.

**PARAMAHAMSA  
PRAJNANANANDA**

(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**

