

KRIYA YOGA INITIATION PROGRAM

Kriya Yoga is a simple, yet extraordinarily powerful meditation technique to develop mind, body, intellect and awareness of the soul. Based on the science of breath, Kriya Yoga greatly enhances all spiritual practice. It aims to help spiritual seekers attain the summit of spiritual experience — constant communion with the Divine — with joy and ease.

Kriya Yoga has been handed down — from teacher to student — in an unbroken lineage of enlightened masters that reaches deep into the mists of time immemorial. Kriya Yoga transforms the body, mind, and heart, helping us be calmly active and actively calm.

Initiation Session

Saturday, March 8th 8:30AM - 5:00PM

Initiation, Technique Teachings & Guided Meditation

Sunday, March 9th 8:30 AM - 4:30 PM

Technique Review & Guided Meditations



Location for Initiation Session (near 40th St and Chandler Blvd) will be provided upon confirming online registration.

For event details and registration, scan the QR code above or visit:
<https://kriya.org/event-details/7791/en>



Yogacharya Lucy O'Brien

met Shri Gurudev Paramahansa Hariharananda-ji in her home community of Santa Barbara, CA in 1986. She served KYI as a Center Leader and West Coast Regional Coordinator before accepting a role as Yogacharya. As a lifelong learner, she turned her attention to Eastern teachings after reading the Autobiography of a Yogi at a young age and considers herself under the flag of Paramahansa Yogananda ever since. She worked as a bookkeeper, serving in the not-for-profit community until her retirement. She has a very active retirement sharing her passion for the benefits of developing a personal meditation practice, studying scripture, cooking, gardening, and spending time wrangling her two young grandsons.

