



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.



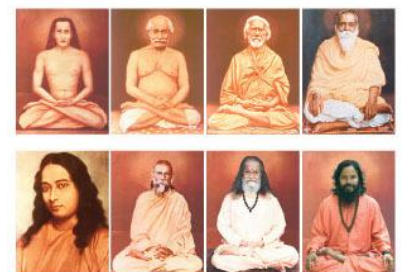
PARAMAHAMSA HARIHARANANDA
(1907-2002) - (photo on the right)

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



KY1108000103(1008)ROCNY

EAST COAST RETREAT

Rochester, New York

Friday, July 10th to Sunday, July 12th 2026



with Yogacharya Amit Chatterjee,

Swami Vairagyananda and Swami Chidrupananda

THE JOURNEY WITHIN: DISCIPLINE, PEACE, AND INNER TRANSFORMATION

This summer the Rochester Center will be hosting the East Coast Retreat at Chapin Mill Retreat Center in Batavia, New York. It will be the first East Coast Retreat since 2023; we are so happy to be sharing, after three years, the opportunity to participate in another East Coast Retreat.

Spend 3 days surrounded by nature, free from the distractions of daily life, with teachings and guided meditations from Yogacharya Amit Chatterjee, Swami Vairagyananda and Swami Chidrupananda, and in the company of fellow Kriyavans

Early Registration Cost of this retreat is \$250.

Seniors, students and couples will have a reduced rate of \$225.

Cost of Late Registration after June 10th is \$275

Daily Cost (without overnight stay) is \$50

Time

Check-In begins at 11:00 am on Friday July 10th, with Lunch at 12:30, and the Opening Ceremony at 4:00. After three days, the retreat will conclude at 4:00pm on Sunday, July 12th. (See the schedule)

Location and Contact Information

5357 Grist Mill Rd, **Batavia**, NY 14020

For Questions, please call Karthi Sugunan at 585-224-6230

or Sucheta Tandon at 585-223-3167

You can also send e-mail to rochester-ny@kriya.org

*This weekend program is not open to the public. Participants must already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.