



### 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.

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Minneapolis, MN Oct 27 - 29, 2017



*With*

**Yogacharya Richard Peterson**

**October 27 (Friday)**

**Free Public Lecture (Open to all)**

**Topic: “Experiencing the calmness within”**

**Date/Time:** Friday, October 27 (7 - 8:30 pm)

**Location:** Hindu Temple of Minnesota,  
10530 Troy Ln N, Maple Grove, MN 55311



**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 Shriyuktेश्वarji 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



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## KRIYA YOGA INITIATION & MEDITATION

**Oct 28 (Saturday)**

9:30 am - 12 pm Registration & Kriya Initiation

3:00 - 4:30 pm Technique Class

5:00 - 6:00 pm Guided Kriya Meditation

**Oct 29 (Sunday)**

9:00 - 10:30 am Technique Review, Q&A

11:00 - 12:00 noon Guided Kriya Meditation

2:30 - 3:30 pm Q&A, Clarification

4:00 - 5:00 pm Guided Kriya Meditation

**Location** Minnesota Kriya Yoga Center  
(Saturday, Sunday) 12984 Legacy Creek Parkway,  
Blaine, MN 55449

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