

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 Shriyuktेशwarji 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



THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Public Lecture & Initiation

Santa Barbara, March 16-18, 2018



with

Yogacharya Richard Peterson

7:00-8:30 pm

Friday, March 16

Free Public Lecture - Open to All

“Kriya Yoga: Royal Path to Peace, Love and Joy”

Location: Yoga Soup

28 Parker Way, Santa Barbara, CA 93101

9:00-12:30 pm

Saturday, March 17

Registration and Initiation

12:30-3:00 pm

Lunch Break (on own)

3:00-4:30 pm

Techniques Class

5:00-6:00 pm

Meditation (all students)

9:00-9:50 am

Sunday, March 18

Meditation (all students)

10:00-11:00 am

Technique Review

11:00-12:00 pm

Meditation (all students)

12:00-2:30 pm

Lunch Break (on own)

2:30-3:30 pm

Discourse/Q&A

4:00-5:00 pm

Meditation (all students)

Program location Saturday/Sunday

Private Residence

1019 - Quinientos St. #6

Santa Barbara, CA 93101

Registration for Weekend Program

For Info: Contact Lucy O'Brien info@santabarbara.kriya.org 805-895-0966

New Initiates are expected to attend 3 meditation sessions.