

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Rochester, New York
August 24th to 26th 2018



111 REFLECTIONS ON HARIHARANANDA

This May we celebrated the 111th birthday of our beloved Gurudev, Paramahansa Hariharananda. Please join us at the beautiful and serene Chapin Mill Retreat Center, meditating as Gurudev taught us, and exploring 111 reflections on Gurudev, including: many of his teachings and quotes, facts about his life, and stories of experiences with him. Together we will deepen our connection to Baba Hariharananda and further accept his invitation to all of us when he said: “Tie a very tight knot to me and I will help you cross the worldly ocean.”

Spend 3 days surrounded by nature, free from the distractions of daily life, with Yogacharyas Suresh Kodollikar, John Williams and David Strassner, and in the companionship of your 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 August 1st is \$275
Daily Cost (without overnight stay) is \$50

Time

Registration begins at 11:00 am on Friday August 24th, with Lunch at 12:30, and the Opening Ceremony at 4:00. After three days, the retreat will conclude at 4:00pm on Sunday, August 26th. (See the schedule)

Location and Contact

8603 Seven Springs Rd, **Batavia**, NY 14020
Call Karthi Sugunan at 585-224-6230 or Sucheta Tandon at 585-223-3167
Send e-mail to rochester.kriya@gmail.com

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 Prajnanananda.

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 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

