

# KRIYA YOGA

## *Pathway to Inner Transformation*

*Yogacharya Richard Peterson, Yogacharya Lucy O'Brien*

### **PUBLIC LECTURE: *Kriya Yoga: Pathway to Inner Transformation***

Friday, August 2, 2019 – 7:00pm - 8:30pm

#### **8th Harmony**

7818 Ivanhoe Avenue  
La Jolla, CA 92037

### **INITIATION & WORKSHOP PROGRAM**

#### **Saturday, August 3, 2019**

9:00 am - 12:00 pm. – Initiation

Break

2:00 - 5:00 pm – Technique class and meditation

#### **Sunday, August 4, 2019**

9:00 am - 12:00 pm – Technique review and First Kriya Meditation

Break

1:30 pm - 2:00 pm – Question and Answer

2:00 pm - 3:00 pm – Meditation

### **LOCATION & CONTACT**



#### **8th Harmony**

7818 Ivanhoe Avenue  
La Jolla, CA 92037

Robert Wayne

760-642-8875 call/txt

robert@kriyasandiego.com

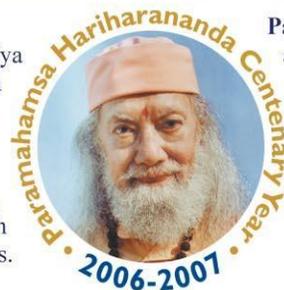
**Kriya Yoga** is non-sectarian and can be practiced by all people regardless of religious affiliation.

Yogacharya Richard Peterson will initiate any sincere seeker into Kriya Yoga. During initiation, a purification ceremony will be performed to infuse the triple divine qualities of light, sound and vibration into each participant.

Call for information on initiation and the weekend meditation workshop or visit [www.kriyasandiego.com](http://www.kriyasandiego.com).

#### **What is Kriya Yoga**

In 1861, the immortal Mahavatar Babaji reintroduced Kriya Yoga, the ancient method of living and meditation. Kriya Yoga cultivates body, mind, and intellect using powerful meditative and yogic disciplines. It helps us to cultivate and observe the three divine qualities of light, vibration, and sound by using ancient techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness.



#### **Paramahansa Hariharananda (1907-2002)**

a great saint, taught the ancient science of Kriya Yoga, a non-sectarian meditative practice cultivating the body, mind, and soul. Filled with purity and love, he came from a long, unbroken line of masters, ultimately attaining the highest goal of a realized yogi, nirvikalpa samadhi, a conscious, breathless and pulseless state beyond physical limitations. A disciple of Swami Shriyuktेश्वर and Paramahansa Yogananda, Paramahansa Hariharananda spread Kriya Yoga to the East and West.