



# The Ancient Scientific Teachings of Kriya Yoga

## *Kriyavan Intensive Program\**

### *Morning*

**6:30 - 8:00**

2nd KRIYAVAN Only - Meditation  
Promptly begins at 6:30  
Please arrive at 6:15

**8:10 - 8:45**

Registration  
1st KRIYAVANS arrive at 8:10

**8:45 - 10:15**

Guided Kriya Yoga Meditation

**10:30 - 11:30**

Spiritual Discourse  
*(Topic to be announced)*

**11:30 - 12:00**

Guided Kriya Yoga Meditation

### *Afternoon*

**12:00 - 1:00**

Lunch Potluck – Vegetarian Meal

**1:00 - 1:30**

Book Sale & Cleanup  
*Cash and Check Only*

**1:45 - 2:45**

Q&A – Spiritual Discussion

**3:00 - 4:15**

Spiritual Discourse  
*(Topic to be announced)*

**4:30 - 5:45**

Guided Kriya Yoga Meditation  
End of program

**When:** Saturday, February 1, 2020

**Where:** Kriya Yoga Phoenix Center in Arizona  
3333 East Kachina Drive  
Phoenix, AZ 85044

**Register:** Email your contact information to:  
info@phoenix.kriya.org  
RSVP no later than Friday, January 31

*For more information:*  
email info@phoenix.kriya.org or call 480 363 3840.

**Upon arrival**  
pay a minimum of \$30.  
Cash, check or money order only.

If paying by check or money order,  
please pay with two checks  
1) \$20 to TEMPLE OF PEACE  
2) \$10 to LINDA SELIGMAN  
*(Phoenix Center Support Fee)*

*If able:*  
Please bring a canned food  
for a donation to a local  
Phoenix Food Bank.

\* Participants must already be initiated into Kriya Yoga Lineage of Paramahansa Hariharananda & Paramahansa Prajnanananda.