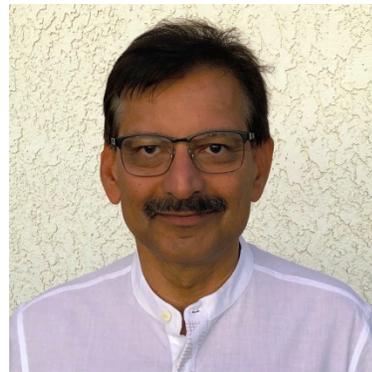


KRIYA YOGA

Pathway to Inner Transformation



Yogacharya Lucy OBrien Yogacharya Kaushal Gokli

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

Friday, February 7, 2020 -- 7:00pm - 8:30pm

8th Harmony

7818 Ivanhoe Ave,
La Jolla, CA 92108

INITIATION & WORKSHOP PROGRAM

Saturday, February 8, 2020 9:00 am – 12:00 pm. – Initiation
Break

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

Sunday, February 9, 2020 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

8th Harmony

7818 Ivanhoe Ave,
La Jolla, CA 92108

CONTACT

Chris Glover 310-403-2597 email: slsrs25@gmail.com

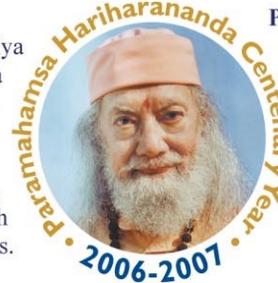
Atul Nimbalkar 858-269-9318 email: info@sandiego.kriya.org

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.kriya.org.

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 Shriyuktishwar and Paramahansa Yogananda, Paramahansa Hariharananda spread Kriya Yoga to the East and West.