



# KRIYA INTENSIVE RETREAT 2026

(Open for **only initiated kriyavans from the lineage** of Paramahansa Hariharananda and Paramahansa Prajnanananda)

## 23-25 October 2026

Location : Framingham, MA  
Please Register for more Details)



Swami  
Atmavidyananda Giri

The three day retreat will have Guided Meditations,  
Discourses, interactive Q&A and Lunch

### Schedule for each day

October 23, Friday - 6:30 pm to 9:30 pm

October 24, Saturday- 9:30 am to 6:00 pm

October 25, Sunday 9:30 am to 4:30 pm

### Suggested donation:

100\$ for the entire weekend retreat(20\$ for Friday, 40\$ each for Saturday and Sunday), please talk to us if you want to participate and can't offer. Any other donation towards Ashram activities are welcome.

### Please Register using QR code or URL

URL : [Boston Intensive Kriya Retreat 2026](https://www.kriya.org/event-details/8914/en)

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# KRIYA INTENSIVE RETREAT 2026

## Detailed Schedule

### October 23, Friday

- 6:30PM - Retreat begins by lighting lamp
- 6:45PM - 7:15PM - Discourse and Discussion (part -1)
- 7:25 PM - 8:25PM - Guided meditation
- 8:30PM - 9:30PM - dinner and clean up

### October 24, Saturday

- 9:00AM - 10:30AM - Techniques review and benefits of Kriya Yoga
- 10:45AM - 12:00PM - First Kriya Meditation
- 12:15PM - 1:15PM - Lunch and clean up
- 01:15PM - 2:30PM - Quiet time, rest/study/book sale/personal consultation with teachers if needed
- 2:30PM - 3:30PM - Q&A session on Kriya Practice
- 3:45PM - 4:45PM - Discourse and Discussion (part -2)
- 5:00PM - 6:00 pm - First Kriya Meditation

### October 25, Sunday

- 8 AM - 9:20 AM - 2nd kriya Guided meditation(open for only those who are initiated to 2nd kriya)
- 9:30AM - 10:30AM - Discourse and Discussion (part -3)
- 10:45AM - 12:00PM - First Kriya Meditation
- 12:15PM - 1:15PM - Lunch and clean up
- 1:15PM - 2:30PM - Quiet time/book sale(Optional Video time)/personal consultation if needed
- 2:30PM - 3:15 PM - Discourse and Discussion(part 4)
- 3:30PM - 4:30PM - First Kriya Meditation and conclude retreat

### Suggested donation:

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