

# KRIYA YOGA Meditation Public Lecture & Initiation

Claremont/Upland, May 15-17, 2026

**Free Public Lecture - Open to All**  
(No Registration Required)  
Friday, May 15, 7:15-8:45 pm

**Kriya Yoga**  
**Royal Path to Peace, Love, and Joy**  
Location: Claremont Yoga Studio, 665 East Foothill Blvd, Claremont, CA



**Yogacharya Kaushal Gokli**  
**Initiation Program**  
(Registration Required)

Those interested in Kriya Yoga Initiation, Reserve all Weekend May 16-17  
Location: 650 W 20th Street, Upland, CA 91784

**Saturday, May 16**

8:30 am-9:00 am	Registration
9:00 am to 12 noon	Kriya Yoga Initiation
12 noon-2:00 pm	Lunch Break (lunch provided)
2:00-4:00 pm	Techniques Class
4.15 pm to 5.15 pm	Guided Meditation

**Sunday, May 17**

8:30-10.30 am	Technique Review
10.45 am-12 noon	Guided Meditation
12 noon-1.30 pm	Lunch Break (lunch provided)
1.30 pm to 3 pm	Q and A Session
3.15 pm to 4.15 pm	Guided Meditation

Please register online at <https://kriya.org/online-registration/8798/en>



(Scan QR code for Initiation Registration)

For more info: Contact Umesh at (714) 713-6168 or  
Kaushal (513) 476-1043 or email at [Claremont-ca@kriya.org](mailto:Claremont-ca@kriya.org)

## 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 Shriyuktेशwarji 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

