

Kriya Yoga Initiation

Learn traditional Kriya Yoga in person, directly from teacher to student, through the lineage of Paramahansa Hariharananda—a disciple of Swami Sri Yukteswar and Paramahansa Yogananda (author of *Autobiography of a Yogi*).



**Yogacharya Swami
Atmavidyananda
Giri**

VICE PRESIDENT, KRIYA YOGA
INSTITUTE

Thursday–Sunday · October 1–4, 2026

BEAVERTON, OREGON

START HERE

Burnout to Breath: Kriya Meditation Solution for Today's Youth

Thursday, October 1 at 7:30–8:30 pm Pacific · online only · open to everyone
For talk link email portland-or@kriya.org

Master Your Life with Kriya Yoga

Friday, October 2 at 7:00–8:30 pm · in person · open to everyone

In person (Fri–Sun): 10700 SW Beaverton Hillsdale Hwy, Bldg 3, 2nd Fl Conf Room, Beaverton, OR 97005 · [map](#)

WHO MAY ATTEND

The Thursday and Friday talks are open to everyone; no experience or prerequisite is required. The Saturday and Sunday program is for those receiving initiation on October 3, and for those already initiated in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.

THE WEEKEND INITIATION PROGRAM

Saturday, October 3

9:00–9:30 am	Registration
9:30 am–12:30 pm	Kriya Yoga Initiation
12:30–2:00 pm	Veg Lunch, Seva, Rest
2:00–3:30 pm	Technique Class
3:45–4:45 pm	Guided Meditation

Sunday, October 4

9:00–10:30 am	Technique Review
10:45 am–12:30 pm	Guided Meditation
12:30–2:00 pm	Veg Lunch, Seva, Rest
2:00–3:00 pm	Q&A Session
3:15–4:15 pm	Guided Meditation

WHAT YOU RECEIVE

Formal initiation into the Kriya Yoga technique

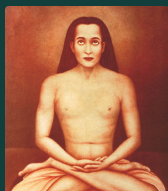
Step-by-step instruction, with a full review the next morning

Four guided meditations led in person

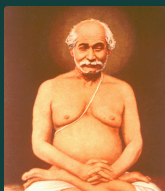
A live question & answer session for your own practice

Lifelong support through a worldwide community of practitioners

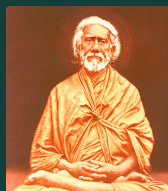
AN UNBROKEN LINEAGE OF REALIZED MASTERS



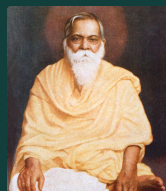
MAHAVATAR
BABAJI MAHARAJ



SHRI LAHIRI
MAHASHAYA



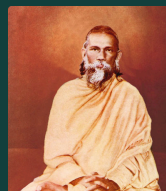
SWAMI SRI
YUKTESWAR GIRI



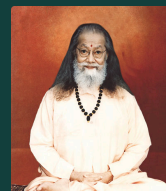
SHRIMAT
BHUPENDRANATH
SANYAL MAHASHAYA



PARAMAHANSA
YOGANANDA



SWAMI
SATYANANDA GIRI



PARAMAHANSA
HARIHARANANDA



PARAMAHANSA
PRAJNANANDA



Register in advance

DETAILS & REGISTRATION

<https://www.kriya.org/event-details/8898/en>
Or email portland-or@kriya.org

QUESTIONS / CONCERNS?

portland-or@kriya.org
Sadhna · 360-261-4777
Kailash · 971-238-6269