

KRIYA YOGA Meditation Public Lecture & Initiation Claremont/Upland, June 6-8, 2025

**Free Public Lecture - Open to All
(No Registration Required)
Friday, June 6, 7:15-8:45 pm**

**“The Eight Limbs of Yoga: A Path of Love,
Peace, Joy, Harmony, and Self-Realization”**

Venue: Claremont Yoga Studio, 300 W Foothill Blvd, Claremont, CA 91711



Swami Atmavidyananda Giri with Yogacharya Kaushal Gokli Initiation Program (Registration Required)

For those interested in Kriya Yoga Initiation, Reserve all Weekend June 7 & 8
Location: 650 W 20th Street, Upland, CA 91784

Saturday, June 7

8:30-12:15 pm **Initiation**
12:15-2:00 pm **Lunch Break (lunch provided)**
2:00-5:00 pm **Techniques Class, Meditation**

Sunday, June 8

8:30-12:15 pm **Meditation and Technique Review**
12:15-2:00 pm **Lunch Break (lunch provided)**
2:00-4:15 pm **Discourse/Q&A, Meditation**

[About Kriya Yoga](https://kriya.org/kriya-yoga/en) <https://kriya.org/kriya-yoga/en>
Please watch the “An Ideal Starting Point” video

[About Kriya Yoga Initiation](https://kriya.org/page/initiation/en) <https://kriya.org/page/initiation/en>

Please register online at <https://kriya.org/event-details/7678/en>



Or Scan QR code for Initiation Registration

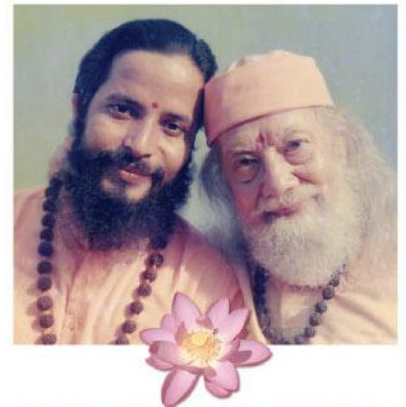
For more info: Geetika at (818)268-0200; Umesh at (714)713-6168 or email at
Claremont-ca@kriya.org



Scan for Flyer

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

