



KRIYA YOGA INTENSIVE PROGRAM

The Ladder of Stillness - How the First Four Limbs of Yoga Lay the Foundation

Kriya Yoga is a **precious gift** from our lineage of enlightened masters. Their blessings and grace flow unceasingly to all who practice with sincerity and love.

Join us ! Experience the power of guided group meditations. Fine-tune your technique through dedicated Q&A sessions. Listen to informative discourses that help deepen your connection to God & Gurus.

TEACHERS

Swami Vairagyananda & Tapasyananda



SCHEDULE

SATURDAY, August 15th

- 09.00 - 10.00 a.m. - Guided 1st Kriya Meditation
- 10.30 - 11.30 a.m. - Discourse 1
- 11.30 - 12.15 p.m. - Guided 1st Kriya Meditation
- 12.30 - 02.00 p.m. - Vegetarian Lunch
- 02.00 - 03.30 p.m. - Discourse 2
- 04.00 - 05.00 pm. - Guided 1st Kriya Meditation

SUNDAY, August 16th

- 09.00 - 10.00 a.m. - Guided 1st Kriya Meditation
- 10.30 - 11.30 a.m. - Discourse 3
- 11.30 - 12.15 pm. - Guided 1st Kriya Meditation
- 12.30 - 02.00 p.m. - Vegetarian Lunch
- 02.00 - 03.00 p.m. - Discussion/Q&A
- 03.00 - 04.00 p.m. - Guided 1st Kriya Meditation

VENUE

Gary J. Arthur Community Center at Glenwood
2400 State Route 97, Cooksville, MD 21723

REGISTRATION PROCESS

- **Eligibility:** For Initiates in the lineage of Paramahansa Hariharananda only
- **Deadline:** Register no later than **August 9, 2026**
- <https://kriya.org/online-registration/8869/en>



REGISTRATION FEE

\$60 per person for Saturday & Sunday, lunch included.

- **Cash:** Please give to Ranga Baba
- **Check:** Payable to "Kriya Yoga Institute". In memo, write "Baltimore Center Intensive".
- **Zelle:** email Institute@kriya.org

In zelle memo field, please enter "Registration - Baltimore Center Intensive", and your name. Please email a screenshot of your zelle payment to baltimore-md@kriya.org.