

*the loving teachings of*

# KRIYA YOGA



*With Yogacharya Richard Peterson*  
**Los Angeles, CA**  
**3/28-3/30 2025**

**Friday, Mar 28**

**PUBLIC LECTURE - Kriya Yoga, Path to Inner Peace**  
**7:00-9:00pm**  
**Emerson Unitarian Universal Church,**  
**7304 Jordan Avenue, Canoga Park, CA, 91303**

**Saturday, Mar 29**

**INITIATION PROGRAM (Register [HERE](#))**  
**Rockpointe Clubhouse**  
**22300 Devonshire Blvd, Chatsworth, CA, 91311**

**09:00-12:30 pm – Initiation**  
**12:30-02:00 pm – Lunch**  
**02:00–05:00 pm – Practice**

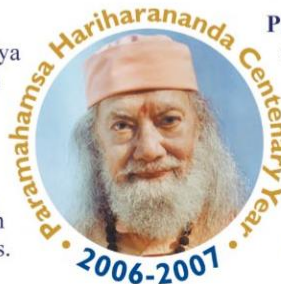
**Sunday, Mar 30**

**09:00-12:30 pm– Practice**  
**12:30–02:00 pm – Lunch**  
**02:00–05:00 pm – Practice**

**Contact: Marydale Pecora 818 203-3377, [info@losangeles.kriya.org](mailto:info@losangeles.kriya.org)**

## What is Kriya Yoga

In 1861, the immortal Mahavatar Babaji reintroduced Kriya Yoga, the ancient method of living and meditation. Kriya Yoga cultivates body, mind, and intellect using powerful meditative and yogic disciplines. It helps us to cultivate and observe the three divine qualities of light, vibration, and sound by using ancient techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness.



## Paramahansa Hariharananda (1907-2002)

a great saint, taught the ancient science of Kriya Yoga, a non-secular meditative practice cultivating the body, mind, and soul. Filled with purity and love, he came from a long, unbroken line of masters, ultimately attaining the highest goal of a realized yogi, nirvikalpa samadhi, a conscious, breathless and pulseless state beyond physical limitations. A disciple of Swami Shriyukteshwar and Paramahansa Yogananda, Paramahansa Hariharananda spread Kriya Yoga to the East and West.