

*the loving teachings of*

# KRIYA YOGA



*With*

**Brahmachari Vidyanandaji &  
Yogacharya Richard Peterson**  
**Houston, Texas**

**January 9<sup>th</sup> to January 11<sup>th</sup>, 2009**

**Friday, January 9<sup>th</sup>**

**PUBLIC LECTURE**

**7:00-8:30 pm – Kriya Yoga, The Ancient Science of Meditation**  
*Public Lecture Open to All*

**Saturday, January 10<sup>th</sup>**

**INITIATION PROGRAM**

**8:30am-1:00 pm – Initiation (details @ [www.texaskriya.org](http://www.texaskriya.org))**  
**7:00pm-9:00 pm – Technique review and meditation \*\***

**Sunday, January 11<sup>th</sup>**

**10:00am-Noon – Technique review and meditation \*\***  
**5:00pm-7:00 pm – Guided meditation, Q&A, Satsang \*\***

**LOCATION:**

The Spectrum Center  
4100 Westheimer @ Mid Lane  
Suite 233  
Houston, Texas 77027

**For more Information**    **Stephen Boane 713 703 6312 or [stephen@traemand.com](mailto:stephen@traemand.com)**

\*\* Meditations and technique reviews can only be attended by those who have been initiated on Saturday morning

**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-sectarian 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 Shriyuktishwar and Paramahansa Yogananda, Paramahansa Hariharananda spread Kriya Yoga to the East and West.