

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA MEDITATION

## Public Lecture & Initiation

Claremont / Upland, March 8-10, 2019



with Yogacharya Richard Peterson

7:00-8:30 pm

### Friday, March 8

#### Free Public Lecture - Open to All

"Kriya Yoga: Royal Path to Peace, Love and Joy"  
Location: Harvey Mudd College, Shanahan 1480,  
Claremont, CA 91711

9:00-12:30 pm

12:30-2:30 pm

2:30-4:00 pm

4:30-5:30 pm

### Saturday, March 9

Registration and Initiation  
Lunch Break (lunch provided)  
Techniques Class  
Meditation

9:00-9:50 am

10:00-11:00 am

11:00-12:00 pm

12:00-2:00 pm

2:00-3:00 pm

3:15-4:15 pm

### Sunday, March 10

Meditation  
Technique Review  
Meditation  
Lunch Break (lunch provided)  
Discourse/Q&A  
Meditation

**Program location Saturday/Sunday**  
2079, Windemere Way, Upland, CA 91784

### Registration for Weekend Program

For Info: Contact Kaushal, kgokli@gmail.com, 513-476-1043

### New Initiates are expected to attend 3 meditation sessions.

The Saturday and Sunday program may only be attended by those initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda

### 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

