

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



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THE TEACHINGS OF KRIYA YOGA

Lecture and Initiation Program Sebastopol and Cotati, CA February 15-17, 2019



with Yogacharya Richard Peterson and Lucy O'Brien

Lecture: Kriya Yoga, the Ancient Science of Meditation

When: Friday, February 15

Time: 7:30 – 8:45 pm **Cost:** donation

Where: Many Rivers Books and Tea
130 Main Street, Sebastopol

Initiation Program

When: Saturday and Sunday, February 16-17

Where: Songbird Community Center
8297 Old Redwood Hwy Cotati, CA

Saturday

9:30 am – 5:00 Initiation, Technique Class, Guided Meditation*
12:00 – 2:00 pm Lunch (bring a bag lunch or go out.)

Sunday

9:30 am – 4:00 Technique Class, 2 Guided Meditations, Q&A*
12:30 – 2:00 pm Lunch (bring a bag lunch or go out.)

Cost: \$180 donation plus 5 fruits and 5 flowers

for info or to register for initiation

Lauren Darges at (707) 971-0340 or Lauren.darges@gmail.com

*Meditations are for initiates into the lineage of Hariharananda