

# WEST COAST SILENT RETREAT

## The Pilgrim's Journey



With **Swami Atmavidyananda,**  
**Yogacharya Richard Peterson** and  
**Brahmachari Ritananda**

**March 5-7, 2010**      **Weekend \$325 (discounts available)**  
**Aldersgate Retreat Center**      **Pacific Palisades, CA**

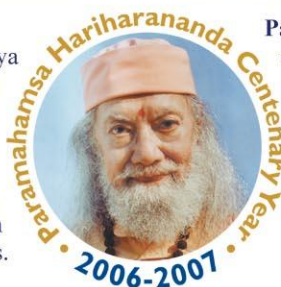
Share a weekend of exploring Pilgrimage and visiting the homes and holy sites of Paramahansa Yogananda. We invite you to reserve a weekend to spend time in silence and meditation with advanced teachers of Kriya Yoga, investing in your personal spiritual development. Baba advised, "Practice, Practice, Practice".

Swami Atmavidyananda is an extremely dedicated and advanced devotee of Baba Hariharananda who brings a deep understanding of the scriptures and dedicates his life to ministry with the students of Kriya Yoga. Richard Baba lovingly guides the Southern California Centers and brings experience of a recent Pilgrimage to India.

The three day retreat runs from Friday 9:00 am March 5 to Sunday 5:00 pm March 7, 2010. Aldersgate is a lovely Victorian home, with shared sleeping rooms, a chapel, and a peaceful garden, just blocks from the Pacific Ocean and the Lake Shrine. We'll end the retreat on Sunday with a pilgrimage to Yogananda's Crypt and a visit to the SRF Mother Center. Reserve space at 805-962-9092 or lucella@earthlink.net.

### 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 Shriyuktishwar and Paramahansa Yogananda, Paramahansa Hariharananda spread Kriya Yoga to the East and West.