



# Spiritual Yoga in the Kriya Yoga Tradition

with Nayaswami Gyandev of Ananda Sangha  
Schedule for June 3–5, 2022

## FRIDAY

*“Yoga is an art as well as a science. It is a science, because it offers practical methods for controlling body and mind, thereby making deep meditation possible. And it is an art, for unless it is practiced intuitively and sensitively it will yield only superficial results.”*

— Paramhansa Yogananda

**1pm ..... REGISTRATION begins (Sorrento Memorial Hall)** Asana Classes at 1:30-2:30 pm (Mugs & Dorothy), 2:45-3:45pm (Becky & Emma) and 4-5pm (Lalita/Tash & Shauna)

**5:30pm ..... Dinner (Sorrento Centre Dining Room)**

**6:45–7pm ..... Welcome and Housekeeping details (Sorrento Memorial Hall)**

**7–9pm ..... Overview of the Kriya Yoga tradition (Sorrento Memorial Hall)**

We’ll begin with an overview of the Kriya Yoga tradition of Paramhansa Yogananda, author of the spiritual classic *Autobiography of a Yogi*. You’ll learn where Kriya comes from and the basics of how it works. You’ll practice some Ananda Yoga, a Kriya-enhancing hatha yoga system based on Yoganandaji’s teachings, developed into a system by his close disciple, Swami Kriyananda, the founder of Ananda. You’ll also learn and practice the foundational meditation technique taught by Yoganandaji.

## SATURDAY

*“The true purpose of yoga is to facilitate the development of Self-awareness—not as a self-enclosure, but as a doorway to an expanded awareness of the surrounding universe, of truth, of very life.”*

— Swami Kriyananda

**6:30–7:45am ... Ananda Yoga & Meditation (Sorrento Memorial Hall)**

We’ll begin with a few preparatory awaken-and-stretch exercises, followed by a pranayama breathing technique, some chanting, and meditation.

**8am ..... Breakfast (Sorrento Centre Dining Room)**

**9:30–12:30pm. Awakening & Freeing the Life Force (Sorrento Memorial Hall)**

We’ll explore Paramhansa Yogananda’s Energization Exercises, one of the four “technique cornerstones” of his teaching. This system helps raise your energy level and control the life force. Then an extended practice of targeted asanas to open the flow of breath and life force in the body. Finally, meditation. Interspersed throughout the session will be explanations of how all this relates to Kriya Yoga practice.

**12:30pm ..... Lunch (Sorrento Centre Dining Room), then FREE TIME: Purchase items in Sorrento Memorial Hall. Visit the beach. Walk the Labyrinth. Make friends!**

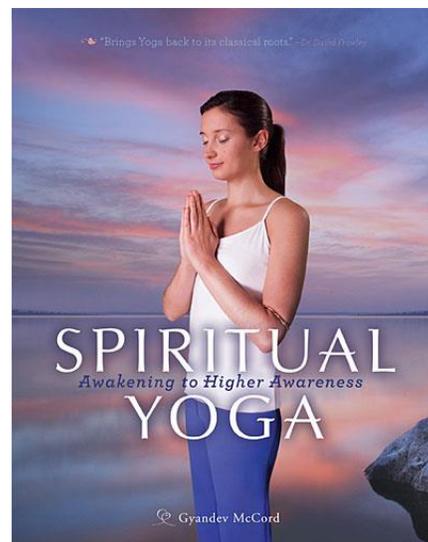
**3–5:30pm ..... Working with Life Force (Sorrento Memorial Hall)**

We'll build on the morning's explorations, adding more Kriya-related techniques for working with the life force. Our foundation will again include Energization, Ananda Yoga practice, and meditation.

**5:30pm ..... Dinner (Sorrento Centre Dining Room)**

**7–9pm ..... Gather for Social Sharing on “Finding Happiness” (Sorrento Memorial Hall)**

We can gather to sing chants, ask Gyandev questions, and enjoy each other's company. Or we can watch the movie “Finding Happiness”, which focuses on the world's first “Kriya Yoga Community”: Ananda Village. It aims to inspire people to create small, cooperative communities as an ideal way of life. Ananda Village embodies a number of directions that such a community can take. The movie is in story form, featuring Ananda Village residents (including Gyandev!) simply sharing their lives in this unique ashram setting. Let's decide as a group what to do!



## SUNDAY

*“Kriya, controlling the mind directly through the life force, is the easiest, most effective, and most scientific avenue of approach to the Infinite.”*

— Paramhansa Yogananda

**6:30–8:00am ... Ananda Yoga & Meditation (Sorrento Memorial Hall)**

After a few preparatory warm-up exercises, we'll practice asanas with an eye toward awakening the heart qualities, then a pranayama breathing technique, chant, and meditate.

HALL MUST BE VACATED AFTER THIS. PLEASE TAKE ALL YOUR ITEMS WITH YOU.

**8am ..... Breakfast (Sorrento Centre Dining Room)**

Please vacate your rooms if at Sorrento Centre after breakfast & before session

**10:00–12 noon Moving Forward (Caritas Conference Room at Sorrento Centre)**

After pulling together various of the principles we've been exploring, we'll practice the Energization Exercises outdoors (weather permitting – dress in layers), perhaps with 2–3 standing asanas as well, then return indoors for some pranayama breathing techniques, chanting, and meditation. We'll conclude with meditation with discussion/Q&A.

**12–12:30pm .... Closing arati led by Mugs**

**12:30pm ..... Lunch (Sorrento Centre Dining Room) and Departure**

With deep gratitude to all of you, Om Shanti. Drive Safely. Hope to see you next year.

*Please note: This retreat will not include initiation in the Kriya Yoga technique, for that requires a substantial period of preparatory practice and study.*

