

# Kriya Meditation Sangha

Thursday nights

7:00 – 8:00 pm

Investment: by donation

Kriya is a technique emphasizing the relationship between the breath and the mind.

Yogacharya Richard Peterson from Kriya Los Angeles leads this Kriya Meditation Sangha, which is open to all those who have received Kriya through the Paramahansa Hariharananda and Paramahansa Prajnanananda lineage. Join Richard at Param Yoga Healing Arts Center every Thursday night from 7:00-8:00, where he will assist initiates on the path of Kriya, lead the group in meditation, and answer questions. This class is by donation only and no pre-registration is required.

For more information about Kriya and upcoming Kriya Initiation dates, visit [Kriya.org](http://Kriya.org) and [KriyaLosAngeles.org](http://KriyaLosAngeles.org).



Paramahansa Hariharananda, Founder (L) and Paramahansa Prajnanananda, Current Spiritual Leader (R), Kriya Yoga International



Yogacharya Richard Peterson was initiated into Kriya Yoga by Paramahansa Hariharananda in 1979 in Edmonton, Alberta, Canada. He holds a Master of Arts degree in Education and teaches music and English in the Los Angeles Unified School District. He was authorized to teach Kriya Yoga in May 2007.

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