

Kriyaban New Year's Retreat

At Ananda Meditation Retreat

December 29, 2014 – January 1, 2015

All Kriyabans are invited to join us for our annual Kriyaban Retreat to prepare for the New Year. Enjoy long Kriya meditations, talks on deepening your Kriya practice, and recorded talks by Paramhansa Yogananda and Swami Kriyananda. We will usher in the New Year with a Kriya Initiation and a special Fire and Purification Ceremonies, ending at midnight with the ringing of the gong as Yogananda used to do.

Though our accommodations are now full, day guests are welcome on a donation basis (**\$30-\$100, includes lunch. Please RSVP if you plan to attend as a day guest.**)

If you would like to stay at the Meditation Retreat, please phone the retreat office (#7557) ASAP to reserve a guest cabin. If you would like to attend as a day guest, and enjoy some of the meals, please also phone so they can plan accordingly. Cost of meals is \$7 for breakfast, \$10 for dinners, to be paid either at the time you eat or in advance.

If you have any questions, please don't hesitate to call or write to our email address: reservations@meditationretreat.org

Joy and blessings on your Kriya sadhana in the coming year!
Devarshi

Monday, December 29

4:30-6:30 pm	Yoga Postures and Meditation Surana/Sabari
6:30 pm	Dinner
7:30-9:00 pm	Orientation, listen to short talk on Kriya Yoga by Swami Kriyananda Durga/Vidura

Tuesday, December 30

6 am	Wake-up Bell
6:00-7:00 am	Energization and yoga postures (those arriving at 7:00 for the meditation should energize on their own.) Phouvang
7:00-10:00 am	Kriya Meditation (By popular demand, this meditation will include a guided practice of extra focus on some of the different components of Kriya and end with a Purification Ceremony) Pranaba
10:00 am	Breakfast in silence
11:00 am	Class on <i>Deepening Your Practice of Kriya</i> Ananta/Maria/Anandi
12:30-1:00	Meditation Ananta/Maria/Anandi
1:00	Food available for snacks, lunch
After Lunch	Free time, and/or
2:00 pm	Kriya checking Retreat Staff
3:30 pm	Energization and Yoga postures _____

4:30-6:30 pm	Kriya Meditation Mukti
6:30	Dinner
7:30-9:00 pm	Listen to talk on Kriya Yoga by Swami Kriyananda Retreat Staff

Wednesday, December 31, New Year's Eve

6 am	Wake-up Bell
6:00-7:00 am	Energization and yoga postures (those arriving at 7:00 for the meditation should energize on their own) Satyana
7:00-10:00 am	Kriya Meditation Anandi
10:00 am	Breakfast in silence
11:00 am	Class on <i>Deepening Your Practice of Kriya</i> Pranaba/Parvati
12:30	Meditation Pranaba/Parvati
1:00	Light Lunch
After Lunch	Free time, or

The following activities will take place in the Temple of Joy

2:30- 3:30 pm	Listen to talk by Paramhansa Yogananda on Kriya Yoga Retreat Staff
3:30- 4:30 pm	Energization and Yoga postures _____
5:00- 5:30 pm	Meet in the Temple of Joy for Kriya Meditation

The following activities will take place in the Temple of Silence

6:00 - 8:00 pm	Kriya Initiation Temple of Silence (Renewal only) Ananta/Maria
8:00 pm	Light Dinner
10:00-midnight	New Year's Candlelight Kirtan & Ceremony Durga/Vidura

Thursday January 1, New Year's Day

7 am	Wake-up Bell (Energization on your own)
7:00-9:00 am	Kriya Meditation Sadhana Devi
9:00am	Closing Breakfast



All events take place in the Meditation Retreat Temple of Silence unless otherwise noted. All meals will be in silence.

“Practice Kriya night and day. It is the greatest key to salvation. Other people go by books and lesser practices, but it will take them incarnations to reach God.

“Kriya is not only, as I’ve often said, the airplane route to Him, but also the greatest way of destroying present temptation. When you feel that joy within, no evil will be able to touch you. To you, sense pleasures will then seem like stale cheese compared to the nectar of God’s joy.”

—Paramhansa Yogananda