My guru often says, "Kriya Yoga is a spiritual science." And like any science Kriya Yoga is a systematic knowing of life, gained through observation and experimentation. It is a path based on your own empirical knowledge.

This retreat will increase your understanding of an authentic spiritual way of life. You will learn the fundamental laws of Kriya Yoga, enabling you to simplify and organize your spiritual path. By doing this you will create more balance and greater joy in your daily life. In addition, you will learn and practice transformative techniques so that you will be able to develop your spiritual maturity through self-discipline.

Hatha Yoga, fellowship, delicious vegetarian meals, a hot tub, and nearby hiking trails will enhance your retreat experience.

This retreat is for all levels of experience. Join Us!

When: Thursday, October 20th, 2011 to Sunday October 23, 2011.
Where: Sunshine Mountain Lodge, Allenspark, CO.
www.sunshinemtnlodge.com ~303-747-2840
Cost: $440.00 (includes 3 nights lodging, 8 meals, and all instruction)

Payment Options:
1) $395.00 if paid by September 15th, 2011.
2) $375.00 for current PST students if paid by September 15th, 2011.
3) $220.00 deposit by September 15th, 2011. $220.00 balance due by October 1st 2011.

Information: Kriyayogacenter.com or contact Michael at 303-271-1057