

### WHAT IS KRIYA YOGA

Kriya Yoga is an ancient method of living and meditation that cultivates body, mind, intellect, and awareness of the soul using powerful meditative and yogic disciplines. It helps us to experience the three divine qualities of light, vibration, and sound by using techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness and to change our lives. Kriya Yoga teaches that any action, *kri*, is done by *ya*, the indwelling soul. It is a universal spiritual discipline that crosses all divisions and boundaries.



PARAMAHAMSA HARIHARANANDA  
(1907-2002) - (photo on the right)

filled with purity and love, came from a long, unbroken line of masters, ultimately attaining nirvikalpa samadhi, the highest goal of a realized yogi. A disciple of Swami Shriyuktishwarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

PARAMAHAMSA PRAJÑANANANDA  
(photo on the left)

his successor, continues his mission teaching one lesson: the lesson of love. Through every action and breath, he urges us to realize that we all are divine and to achieve that blissful state of divine love and contentment through basic self-discipline and the practice of Kriya Yoga.

### LINEAGE OF MASTERS



# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**Hong Kong, Jan 4- 6, 2013**



with  
**Swami Atmavidyananda Giri**

### Friday, January 4

7 pm – 8:30 pm Free Kriya Yoga Public Lecture open to all:  
***Kriya Yoga: The Ancient Science of Breath and Meditation***

### Saturday, January 5\*

9 am-12:30 pm Kriya Initiation  
2:30 pm – 6 pm Kriya Techniques, Guided Meditation and Q & A

### Sunday, January 6\*

9 am–12:30 pm Kriya Techniques Review, Meditation and Q & A  
12:30 pm-2 pm Light Vegetarian Lunch

### Location

The Mariner's Club  
3/F, Main Hall (Friday) and Conference Room (Saturday and Sunday)  
11 Middle Road, Tsim Sha Tsui, Kowloon  
TST MTR Station Exit G; East TST MTR Station Exit K

\*A fee of \$1500 per person will be charged for participation in the Kriya program on Saturday and Sunday to cover program expenses, and includes a vegetarian lunch on Sunday, January 6. Registration forms will be available at the venue after the introductory talk on Friday, January 4.

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