

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 Shriyuktेश्वarji 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

Orlando, Florida, Mar 1-3, 2013



With

Swami Atmavidyananda Giri

Free Public Lecture

“Kriya Yoga: Path to Inner Peace and Happiness”

Friday Mar 1st 7pm – 9pm

Location for Friday: Maa Durga Sri Sai Baba Temple,
11414 S Apopka Vineland Rd, Orlando, Florida 32836

Saturday, Mar 2nd

8:30am – 12pm	Registration, and Kriya Yoga Initiation
12pm – 3pm	Lunch Break
3pm – 6pm	Techniques Class & Meditation

Sunday, Mar 3rd

9am – 12am	Techniques Review & Meditation
12pm – 3pm	Lunch Break
3pm – 5pm	Spiritual Discourse, Q&A, Meditation

Location for Saturday and Sunday

Park Square Homes, 5200 Vineland Road, Orlando, FL
(Oxford Room, Suite #150, Ground Floor, Far Left)

For further information and pre registration, please contact:

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The weekend program is not open to public. Participants must be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.