

The Ancient, Scientific Teachings of **KRIYA YOGA**

in
Memphis, TN
March 8th -10th, 2013



With
Yogacharya Durga Chunduri & Swami Vairagyananda Giri
Under the guidance of **Shri Paramahansa Prajñanananda Giri**

Schedule

Friday, March – 8th
(6:30 PM to 7:30 PM)

Free public lecture “An Introduction to Kriya Yoga”

At Days Inn & Suites – conference room
1230 W Poplar Ave Collierville, TN 38017

Saturday, March – 9th**

(8:30 to 12:30 PM – Initiation / 5:00 to 8:00 PM – Class)

Initiation for New Aspirants & Class

At HeartSong Church
800 Houston Levee Road Cordova, TN 38018

Sunday, March – 10th**

(9:00 to 12:00 Noon – Class / 5:00 to 7:30 PM – Review-Q&A)

Technique review & guided meditations

At Days Inn & Suites – conference room
1230 W Poplar Ave Collierville, TN 38017

[Saturday afternoon & Sunday Sessions are only for registered]**

Registration Contacts

Sai - (901) 857-8028 / Kumar - (901) 626-3667
Email: info@memphis.kriya.org Web: www.kriya.org

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 Shriyuktेशwarji 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

