

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



KY1108000103(1008)ROCNY

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Cincinnati, OH March 15 – 17, 2013



with

**Swami Atmavidyananda and
Yogacharya Bhadrayu Pandya**

Friday, March 15

7:15 – 9:00 pm Free Public Lecture – Open to All
“**Transform Your Life Through Mind Control**”

Location: Cincinnati Yoga School
6125 Ridge Ave., Cincinnati, OH 45213

Saturday, March 16

8:30 am – noon Initiation into Kriya Yoga
3:00 – 5:00 pm Techniques Review*
5:15 – 6:45 pm Discourse, Q & A – Open to all
7:00 – 8:00 pm Guided Meditation*

Sunday, March 17

8:00 – 9:30 am 2nd Kriya Meditation* (2nd Kriya initiates only)
9:45 – 10:45 am Techniques Review*
11:00 – 12:00 pm Guided Meditation*
12:00 – 1:30 pm Pot Luck Lunch
1:45 – 2:45 pm Discourse, Q & A – Open to all
3:00 – 4:00 pm Guided Meditation*

Program location Saturday/Sunday

Kriya Yoga Center, 9865 Winnebago Trl, Cincinnati, OH 45241

Contact

Judy (513) 403-0176

Chanchal (513) 777-9736

New initiates are expected to attend 3 meditation sessions.

* Meditation and technique classes may be attended only by initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.

