

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



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THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Cleveland, Ohio April 26-28, 2013



with **Yogacharya David Strassner** and
Brahmachari Kriyananda

Friday, April 26th
7 pm – 8:30 pm Public Lecture – Kriya Yoga, Practical
Spirituality & Meditation
Location: Chagrin Yoga
524 E. Washington St., Chagrin Falls, OH 44022

Saturday, April 27th
8:30 – 12:30 pm Kriya Initiation
3 - 5pm Technique Teaching
5:30 – 6:30 pm Kriya Meditation

Sunday, April 28th
9 – 11 am Technique Review & Meditation
11:15-12:30 pm Discourse
2:30 – 3:15 pm Questions and Answers
3:30 – 4:30 pm Kriya Meditation

location

Masonic Temple of Strongsville, 19132 Temple Dr., Strongsville, OH 44149
(Saturday and Sunday only)

registration

navyagundapaneni@gmail.com, 440.572.2084,
Bernardo Sanchez 330.998.4363 or Amit Kanodia 330.329.1275

Note: Meditations and Technique classes may be attended only by initiates in the lineage of
Paramahansa Hariharananda and Paramahansa Prajñanananda.