

Kriya Yoga Institute - PO Box 924615 - Homestead FL 33092-46150
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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



KYI108000103(0311)NYCNY

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

New York City, NY March 15-17, 2013



with

**Swami Purnatmananda Giri
& Yogacharya John Williams**

Public Lecture: Friday March 15

7:00 PM - 8:30 PM

\$10 Donation

Still Mind Zendo

37 West 17th Street, 6th floor (Between. 5th & 6th Avenue) New York City

**Saturday & Sunday March 16 & 17
The Breathing Project**

15 W. 26th Street 10th Floor. NYC (Between Broadway & 6th Ave.)

Saturday, March 16

9:00 am - 12 noon -First Kriya Initiation
12:00 noon - 2:30PM -Lunch Break
2:30 - 5:30 PM -Technique Teaching, Spiritual Discourse
& Guided Meditation

Sunday, March 17

9:00 - 10:30 am -Guided Meditation (2nd Kriya Students)
10:30 - 11:00:AM -Technique Review
11:00am -12:00 PM -Guided Meditation
12:00 PM-1:30 PM -Lunch Break
1:30 - 2:15 PM -Q&A
2:15 PM- 3:15 PM - Guided Meditation
3:15 - 4:00 PM - Spiritual discourse
4:15 - 5:30 PM - Guided Meditation & Closing

Information/Contact

There is a \$25 donation for each day's attendance on Saturday and Sunday for all attendees.

Please contact nyckriya@nyckriya.org, in advance, if you wish to register for the Saturday initiation, or call 201-931-6688 for further information.

Note: Meditations & technique classes are open only to new initiates and to already initiated kriyavans in the lineage of Paramahansa Hariharananda, Paramahansa Prajñanananda and their authorized teachers of the Kriya Yoga Institute.