



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.



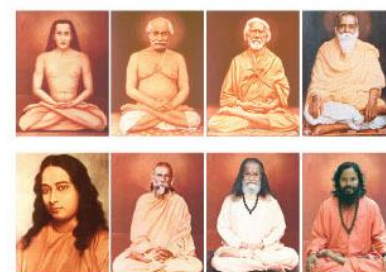
PARAMAHAMSA HARIHARANANDA
(1907-2002) - (photo on the right)

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



KY1108000103(1008)ROCNV

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA St. Louis, MO Apr 26-28, 2013



**Yogacharya Suresh baba &
Swami Vairagyananda**

Free Public Lecture (Open to all) Topic: “Kriya Yoga and Patanjali Yogasutra”

Date/Time: Friday, Apr 26 (7 pm -8 pm)

Location: The Hindu temple of St. Louis
725 Weidman Road, St. Louis, MO - 63011

KRIYA YOGA INITIATION & GUIDED MEDITATION

Apr 27 (Saturday)

09:00 am - 12:00 pm Registration and Kriya Yoga initiation
04.00 pm - 06.00 pm Meditation Technique class
06:00 pm - 07.00 pm Guided Meditation

Apr 28 (Sunday)

09.00 am - 11.00 am Technique review, Q&A
11.00 am – 12.00 pm Guided Meditation
03:00 pm - 05:00 pm Class and Guided Meditation

Contacts

Suguna Daggubati - (636)519-4041. Email: suguna_daggubati@yahoo.com
Anjali Mehta - (636)236-8477. Email: apmeht@hotmail.com

Location

15380 Squires way Dr. Chesterfield, MO-63017

Saturday and Sunday program is open to participants initiated or will take initiation into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.