

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

## Charlotte, NC May 17-19, 2013



**Yogacharya Srinidhi Baba**



### Friday, May 17

7:00 pm Public Lecture, Free and open to all  
"Kriya Yoga, Ancient Technique for Self Realization"  
Lecture will be followed by Q&A and dinner

### Saturday, May 18

9 am – noon Initiations into Kriya Yoga  
noon - 1 pm Lunch (provided)  
4:00 – 6:00 pm Overview of Techniques, Q&A  
6:00 – 7:30 pm Guided Meditation  
8:00 – 9:00 pm Dinner

### Sunday, May 19

8:00 – 9:30 am Intensive Meditation  
9:45 – 10:45 am Q&A  
11:00 am - noon Guided Meditation  
noon – 1:00 pm Lunch (provided)  
3:00 – 5:00 pm Spiritual Discourse & Guided Meditation  
5:00 pm Close

### Location (All three days)

Charlotte Kriya Yoga Center, 1110 Delacourt Lane, Matthews, NC 28104

### Contact

Contact Adesh Gupta at 704-814-7476 or email [Agupta1@carolina.rr.com](mailto:Agupta1@carolina.rr.com) to register for initiation or other inquiries.

The weekend program is not open to the public. Participants must already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.

### 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

