

# *The Ancient, Scientific Teachings of* **KRIYA YOGA**

*With*  
**Yogacharya Suresh Kodoliar**

**Rochester, New York**  
**May 31 - June 2, 2013**



**Friday, May 31**

**Public Lecture w/ Yogacharya Suresh Kodoliar**  
**7:00 – 8:30 p.m. – *Kriya Yoga, The Ancient Science of Meditation***  
*Pittsford Community Center, 35 Lincoln Ave, Pittsford, NY 14534*

**INITIATION PROGRAM**

Location and Directions will be provided at Friday's Public Lecture\*

**Saturday, June 1**

**9:00 - 1:00 p.m. – *Initiation and Teaching of Techniques***  
5:00 - 6:00 p.m. – Technique Review.  
6:00 - 9:00 p.m. – Meditation and Spiritual Discourse

**Sunday, June 2**

10:00 - 1:00 p.m. – Meditation, Spiritual Discourse, Questions & Answers  
1:00 - 2:00 p.m. – Group Lunch Provided  
3:00 - 5:30 p.m. – Discourse, Meditation, and Closing

The Saturday and Sunday program is open ONLY to disciples of Paramahansa Hariharananda and those initiated into Kriya Yoga by his authorized teachers. For those wishing to take initiation during this weekend program and learn the Kriya Yoga meditation technique prior arrangement must be made BEFORE Saturday, June 1<sup>st</sup>.

\* For more information on this program please:

Call Jagdish & Sucheta at 585-223-3167 or Phil at 585-297-2617  
Send e-mail to [omjag@hotmail.com](mailto:omjag@hotmail.com) or [phil@oneworldprojects.com](mailto:phil@oneworldprojects.com)

For more information about the Kriya Yoga Institute: Visit [www.kriya.org](http://www.kriya.org)

## **What is Kriya Yoga**

In 1861, the immortal Mahavatar Babaji reintroduced Kriya Yoga, the ancient method of living and meditation. Kriya Yoga cultivates body, mind, and intellect using powerful meditative and yogic disciplines. It helps us to cultivate and observe the three divine qualities of light, vibration, and sound by using ancient techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness.



## **Paramahansa Hariharananda (1907-2002)**

a great saint, taught the ancient science of Kriya Yoga, a non-secular meditative practice cultivating the body, mind, and soul. Filled with purity and love, he came from a long, unbroken line of masters, ultimately attaining the highest goal of a realized yogi, nirvikalpa samadhi, a conscious, breathless and pulseless state beyond physical limitations. A disciple of Swami Shriyuktishwar and Paramahansa Yogananda, Paramahansa Hariharananda spread Kriya Yoga to the East and West.