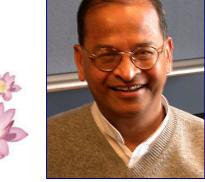


The Ancient, Scientific Teachings of **KRIYA YOGA**



With

Yogacharya Suresh Kodolikar

Rochester, New York May 31 - June 2, 2013

Public Lecture w/ Yogacharya Suresh Kodolikar

Friday, May 31 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*

riharananda

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 Paramahamsa 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 1st.

* 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 or phil@oneworldprojects.com

For more information about the Kriya Yoga Institute: Visit 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.



a great saint, taught the ancient science of Kriya Yoga, a non-sectarian 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 Shriyukteshwar and Paramahamsa Yogananda, Paramahamsa Hariharananda spread Kriya Yoga to the East and West.