

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 Shriyuktेश्वarji 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



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Paramahamsa Prajñananandaji's Birthday Seminar, Kriya Yoga Institute, Homestead August 09, 2013 to August 11, 2013



Swami Atmavidyananda Giri & Yogacharya John Thomas Lopategui

The Mother Center lovingly invites you to our beloved Gururji Paramahamsa Prajñananandaji's Birthday Seminar at Kriya Yoga Institute in Homestead, Florida. The event starts at 5:30am on Friday, August 9 and ends at 9.00pm on Sunday, August 11, 2013.

Here is the tentative daily schedule:

- 5:30am Meditation
- 7:30am Breakfast & Clean-up
- 9:00am Registration, Seva, Sales
(Saturday – Guru Paduka Puja from 9.00am to 11:00am)
- 10:00am Friday & Sunday - Class
- 11:00am Meditation
(Sunday – Teleconference followed by Meditation)
- 12:15pm Lunch and Clean-up
- 1:00pm Sales
- 3:00pm Garden Seva
- 5:00pm Class
- 6:30pm Meditation
- 8:15pm Dinner & Clean-up

Donations are graciously accepted in lieu of program fee. For Registration please visit: http://www.kriya.org/calendar_event.php?id=1869

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