



#### 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 Shriyuktishwarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

**PARAMAHAMSA PRAJNANANANDA**  
(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



## Fall Retreat – Kriya Yoga Institute, Homestead September 18–23, 2013



### Swami Atmavidyananda Giri & Yogacharya John Thomas Lopategui

#### Holistic Living – Healthy Mind, Breath, and Body *Teachings from the Ancient Scripture Hatha Yoga Pradipika*

We invite you to join us in a six day Fall Retreat at the ashram that Gurudev lovingly created for his devotees in Homestead, Florida. The teachings for this year's retreat will be from selected verses of the Sanskrit text, *Hatha Yoga Pradipika*. *“When the breath wanders the mind also is unsteady. But when the breath is calmed the mind too will be still, and the yogi achieves long life. Therefore, one should learn to control the breath.”* Please join us; in celebrating Foundation Day for our mother center, deepen your practice, and fill your heart with the divine love.

#### Tentative Daily Schedule:

05:30am – 07:00am	Meditation -all
07:30am – 08:00am	Breakfast & Clean-up Seva
09:00am – 09:30am	Registration, Sales & Seva
09:30am – 10:30am	Class
10:45am – Noon	Meditation
12:15pm – 01:00pm	Lunch & Clean-up Seva
01:00pm – 04:00pm	Rest / Private Study / Seva
04:00pm – 04:45pm	Q&A/Video
05:00pm – 06:00pm	Class
06:30pm – 08:00pm	Meditation -all
08:15pm – 09:00pm	Dinner and Clean-up Seva

#### Foundation Day - Sunday, September 22, 2013

08:30am –10:45am	Special Foundation Day Puja
11:00am	Teleconference followed by Meditation
04:00pm – 04:30pm	Garden Tour
04:30pm – 06:00pm	Celebration

For registration please visit: [http://www.kriya.org/calendar\\_event.php?id=1883](http://www.kriya.org/calendar_event.php?id=1883)

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