

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 *yu*, 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 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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75th Anniversary of Gurudev's Arrival in Puri – 1-Day Intensive Kriya Yoga Institute, Homestead June 12, 2013



Swami Gurupriyananda Giri, Swami Matrukrupananda Giri & Yogacharya John Thomas Lopategui

The Mother Center lovingly invites you to a one-day intensive celebrating the 75th Anniversary of when Gurudev Paramahansa Hariharananda arrived in Puri. This one-day intensive will be at Kriya Yoga Institute in Homestead, Florida. The event starts at 5:30am on Wednesday and ends at 9:00pm that same evening.

This is the tentative daily schedule:

5:30am	Meditation
7:30am	Breakfast & Clean-up
9:00am	Registration, Seva, Sales
10:00am	Class
11:00am	Meditation
12:15pm	Lunch and Clean-up
1:00pm	Seva
5:00pm	Class
6:30pm	Questions & Answers
7:00pm	Meditation
8:30pm	Dinner & Clean-up

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.