



THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Dallas, Texas July 26 – July 28, 2013



Yogacharya Suresh Kodollikar and Swami Vairagyananda Giri

Friday, July 26

7.00 pm – 9.00 pm

Public Lecture: *Ancient Science of Kriya Yoga*
(Admission: Love Offering)



Saturday, July 27

8.30 am – 9.00 am

9.00 am – 1.00 pm

4.30 pm – 6.00 pm

6.15 pm – 8.00 pm

Registration

Kriya Yoga Initiation/Lunch**

Technique Class

**Spiritual Discourse and
Guided Meditation****

Sunday, July 28

10.00 am – 12.00 pm

4.00 pm – 5.00 pm

5.15 pm – 6.00 pm

**Technique Review and Guided
Meditation****

Spiritual Discourse

Guided Meditation

Contact

Kriya Yoga Institute Dallas 682- 597-6575/972-693-7544
kriyayogadallas@gmail.com www.kriyayogadallas.org

Program Location

4230 LBJ Freeway Suite #227, Dallas, TX, 75244

** Kriya Yoga Initiation/Technique/Meditation may be attended only by Initiates in the lineage of Paramahansa Hariharananda-Paramahansa Prajnanananda. Participation in all sessions is required for new initiates.

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 Shriyuktेशwarji 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

