



#### 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 yo, 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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# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

## Detroit, Michigan August 23-25, 2013



with

**Yogacharya John Williams**

### Friday, August 23

7:30 – 8:30 pm **Discourse:** Free and open for all  
(Get your questions answered before taking initiation :-))

**Location:** Troy Community Center – Room # 302  
3179 Livernois Rd.  
Troy, MI 48083-5099  
(248) 524-3484

### Saturday, August 24

8:45 am – Noon	Kriya-Yoga initiation (5 flowers, 5 fruits & \$150 donation)
Noon – 3:00 pm	Lunch, Seva, Contemplate
3:00 – 6:30 pm	Technique teaching, guided meditation*

### Sunday, August 25

9:00 am – Noon	Technique review, guided meditation*, Q&A
Noon – 3:00 pm	Lunch, Seva, Contemplate
3:00 – 6:00 pm	Spiritual discourse, Q&A, Guided meditation*

**Location:** Forest View Sub-division  
43823 Sweetwood Drive,  
Sterling Heights, MI 48314

Contact: Manju Patel

(586) 731-5141 / [manjumaa@gmail.com](mailto:manjumaa@gmail.com) (preferred)

\* Kriya Yoga Technique/Meditation may be attended only by initiates in the lineage of Paramahansa Hariharananda-Paramahansa Prajñanananda and the authorized teachers of the Kriya Yoga Institute.