

Kriya Yoga

The Ancient Science of Breath and Meditation

Memphis - TN
August 16th -18th, 2013



With

Yogacharya Suresh Kodollikar & Swami Purnatmananda Giri

Schedule

7:00 - 8:00 PM
Topic

Friday, August 16th
Free Public Lecture (ALL ARE WELCOME)
The Ancient Science of Kriya Yoga Meditation

8:30 - 11:30 AM
5:00 - 8:00 PM

Saturday, August 17th
Initiation for New Aspirants
Technique Class / Guided Meditation

8:30 - 11:30 AM
12:30 - 2:30 PM

Sunday, August 18th
Technique review
Q & A / Guided Meditation



Delta groove yoga

Delta Groove Yoga
2091 Madison Ave, Memphis TN 38104



Contact

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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 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

