

### 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 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



# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

## Orlando, Florida, Sep 27-29, 2013



With

### Yogacharya Suresh Kodoliar

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### Free Public Lecture “Science of Kriya Yoga - Way of Living”

Friday Sep 27<sup>th</sup> - 7pm – 9pm

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9am – 12pm  
12pm – 3pm  
3pm – 6pm

#### Saturday, Sep 28<sup>th</sup>

Registration, and Kriya Yoga Initiation  
Lunch Break  
Techniques Class & Meditation

9am – 12am  
12pm – 3pm  
3pm – 5pm

#### Sunday, Sep 29<sup>th</sup>

Techniques Review & Meditation  
Lunch Break  
Spiritual Discourse, Q&A, Meditation

#### Location

Park Square Homes, 5200 Vineland Road, Orlando, FL  
(Oxford Room, Suite #150, Ground Floor, Far Left)

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For further information and pre registration, please contact:

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Jyothi Velaga (407) 517-4792 ([jcvelaga@gmail.com](mailto:jcvelaga@gmail.com))

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