

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**Cleveland, Ohio Sept 6-8, 2013**



**with Yogacharya Bhadrayu Pandya  
and Swami Purnatmananda**

## **Friday, September 6th**

7 pm – 8:30 pm Public Lecture – Kriya Yoga, Practical  
Spirituality & Meditation  
Location: Chagrin Yoga  
524 E. Washington Street,  
Chagrin Falls, OH 44022

## **Saturday, September 7th**

8:30 – 12:30 pm Kriya Initiation  
3 – 5 pm Technique Teaching  
5:30 – 6:30 pm Kriya Meditation

## **Sunday, September 8th**

9 – 10:30 am Technique Review  
10:45 – 11:45 am Meditation  
12 – 12:30 pm Discourse  
2:30 – 4:30 pm Questions & Answers and Discourse  
4:45 – 5:45 pm Kriya Meditation



### **location for Saturday and Sunday**

Masonic Temple of Strongsville, 19132 Temple Dr., Strongsville, OH 44149

### **registration**

[navyagundapaneni@gmail.com](mailto:navyagundapaneni@gmail.com), 440.572.2084 or  
Brian Paquette [tiskismet@gmail.com](mailto:tiskismet@gmail.com), 440.715.0958 or  
Amit Kanodia 330.329.1275

Note: Meditations and technique classes may be attended only by initiates in the lineage of  
Paramahansa Hariharananda and Paramahansa Prajñanananda.

### 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

