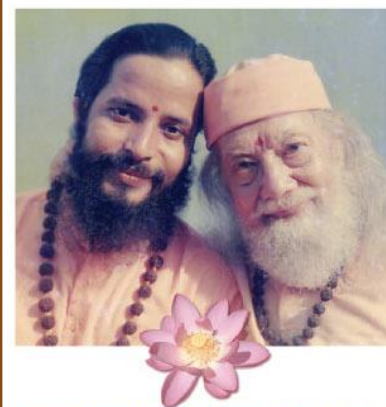


WHAT IS KRIYA YOGA

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



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FIND PEACE, LOVE AND JOY THROUGH THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA Columbus, OH. Sept 13-15, 2013



with

Yogacharya Durga Chunduri
Swami Purnatmananda

Free Public lecture KRIYA YOGA , PATH TO ETERNAL HAPPINESS

Friday, Sept 13 (6 – 7:30pm)

Location: Westerville Recreation Center, 350 N Cleveland Ave,
Westerville, OH 43082.

Contact: Dr. Mangaraj. Ph: (740) 881-6814.

Email : dmangasraj01@gmail.com or smangaraj@gmail.com

What is Kriya Yoga

Kriya yoga is an ancient method of meditation that cultivates body, mind and intellect and provides awareness of the soul, using techniques of concentration, posture and breathing.

Speaker

Yogacharya Durga Chunduri is a householder disciple of Paramahansa Hariharananda (disciple of **Paramahansa Yogananda**, author of the book “**Auto biograhoy of Yogi**”). She is the president of non-profit charitable organization **Hand In Hand USA**, which supports poor, tribal people in India. She has been initiating and teaching Kriya Yoga since 1998.

Kriya Yoga initiation and Meditation

Saturday (Sept 14) : (9 am – 12 pm : Kriya Yoga Initiation, 12 pm – 3pm : Lunch break, 3 – 6 pm : Technique review, Guided Kriya Meditation)

Sunday (Sept 15) : (9 am – 10 am : Guided Meditation, 10:15 am – 11:15 am : Discussion and Q&A, 11:30 am – 12: 30 pm : Guided Kriya Meditation, 12:30 – 3:30 pm : Lunch break, 3:30 – 5:45 pm : Spiritual discussion, Guided Kriya Meditation)

Location: Columbus Kriya Yoga center, 6106 Chancelgate Dr, Delaware, OH 43015

Contact

Dr. Mangaraj. Ph: (740) 881-6814, dmangasraj01@gmail.com or smangaraj@gmail.com

Dr. Matta. Ph: (740) (614) 530-0544,
kriyayogacolumbus@gmail.com



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LINEAGE OF MASTERS



Free Public lecture

INTRODUCTION & DISCOURSE ON KRIYA YOGA

Thursday, Sept 12 (6 – 7:30 pm)
(Open to all. Includes Indian Food and Snacks)



Location

Moxie's, 3468 North High Street, Clintonville, Columbus, OH 43214.(on High Street in Clintonville, between North Broadway and Oakland Park Ave)

Speaker

Swami Purnatmananda Giri is a monk in the lineage of Kriya Yoga masters Paramahansa Hariharananda and Paramahansa Prajnanananda. Born in India and trained as an industrial engineer, Swamiji came to the United States to pursue higher education, working for a Fortune 500 Company in various roles for 11 years. He was initiated into the sacred path of Kriya Yoga in 1992. Ordained as a monk in the Giri order of monasticism, his name, Swami Purnatmananda Giri, means "bliss of complete soul consciousness." He currently resides in Kriya Vedanta Gurukulam, Joliet, IL.

Contact

Dr. Matta. Ph: (614) 530-0544,
kriyayogacolumbus@gmail.com

Kriya Yoga initiation and Meditation will be at Columbus Kriya Yoga Center on Sept 14 – 15. Contact us for details.