



#### 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 PRAJNANANANDA (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

**Rochester, NY September 27<sup>th</sup> – 29<sup>th</sup>**



*With*

**Yogacharya Srinidhi Baba and  
Yogacharya David Strassner**

This Kriya Yoga Intensive program is tailored for existing Kriya Yoga practitioners, to help them deepen their practice and provide answers and clarity to questions or doubts.

#### Friday, September 27<sup>th</sup>

7:00 – 9:00 pm Opening and Meditation

#### Saturday & Sunday, Sep 28<sup>th</sup> and 29<sup>th</sup>

9:00 – 11:00 am 1<sup>st</sup> and 2<sup>nd</sup> Kriya Meditation  
11:15 – 12:30 pm Discourse  
12:30 – 2:00 pm Vegetarian Potluck Lunch  
2:00 – 3:00 pm Break  
3:00 – 4:30 pm Discourse – Discussion & Questions and Answers  
4:30 – 6:00 pm 1<sup>st</sup> Kriya Meditation

#### Location

Diane Musial's home  
65 Coral Way, Rochester, Monroe County, NY-14618

#### Contacts

Karthi Sugunan – 585-224-6230  
Diane Musial - 585-721-3043  
[rochester.kriya@gmail.com](mailto:rochester.kriya@gmail.com)

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