



#### 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.

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Weekend Program and Initiation

Ellicott City, Maryland

October 25-27, 2013



Yogacharya Suresh Kodoliar



#### Friday, October 25, 2013

7:30 - 9:00 pm **Free Public Lecture** - Open to All  
**"Kriya Yoga: The Ancient Science of Meditation"**

#### Location (Friday)

Historic Oakland Manor  
5430 Vantage Point Road, Columbia, MD 21044  
Directions: <http://www.historic-oakland.com/directions>  
(410-730-4801)

#### Saturday, October 26

8:30 am - 12:00 pm **Initiation**  
12:30 pm Lunch (provided)  
2:30 pm - 5:00 pm Technique Review, Discourse and Q&A  
5:30 pm - 6:30 pm Guided Meditation  
7:00 pm - 8:00 pm Dinner (provided)

#### Sunday, October 27

9:00 am-10:30 am 2nd Kriya Meditation (for current 2nd Kriya initiates)  
11:00 am-12:00 pm 1st Kriya Meditation (new and all initiates)  
12:30 pm Lunch (provided)  
2:30pm -3:30 pm Discourse and Q&A  
4:00 pm -5:30 pm Guided Meditation / Closing Remarks

#### Location (Saturday and Sunday)

3925 Gray Rock Drive, Ellicott City, MD 21042

#### Contact

Phone : 410-451-5506, 410-980-5769 or 301-216-0017  
Email: [drhunt2@verizon.net](mailto:drhunt2@verizon.net)

\* Saturday & Sunday activities are for new and current initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.



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

