



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



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THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA Leawood, Kansas October 11-13, 2013



Yogacharya Durga Chunduri &
 Swami Vairagyananda

Free Public Lecture (Open to all)

Topic: “Cultivating Human Excellence - The Path of Kriya Yoga”

Date/Time: Friday, October 11 (7 pm -8:30 pm)

Location: The Matt Ross Community Center (Cottonwood Classroom)
 8101 Marty St, Overland Park, KS 66204

KRIYA YOGA INITIATION & GUIDED MEDITATION

Oct 12 (Saturday)	07:00 am - 08:30 am	Guided Meditation
	09:00 am - 12:00 pm	Kriya Yoga Initiation
Oct 13 (Sunday)	12.30 pm - 01:30 pm	Potluck lunch
	02.00 pm - 03.00 pm	Video Discourse (Optional)
	03.30 pm - 05.00 pm	Kriya Yoga Technique
	05:15 pm - 06.15 pm	Guided Meditation
	07.00 am - 08.30 am	2 nd Kriya Meditation
	09:30 am - 12:00 pm	Technique Review, Q&A, and Guided Meditation
	12.15 pm - 01.15 pm	Lunch
	01:45 am - 02.45 pm	Video Discourse (Optional)
	03:00 pm - 04:00 pm	Discourse, Q&A
	04.30 pm - 05.30 pm	Guided Mediation

Contacts Anjanadevi Nandipati Patricia Moore
 913-685-4650 816-524-6694
 Email: dnandipati62@gmail.com
 Web Site: www.kansaskriya.org

Location 5444 W 129th Ter, Leawood, KS 66209

Saturday and Sunday program is open to participants initiated or will take initiation into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnānanda.