

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 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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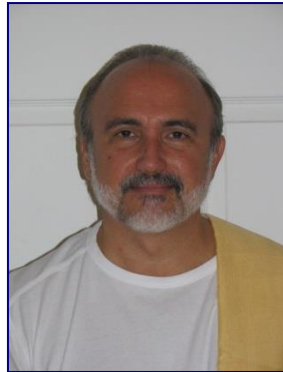
Mahasamadhi Seminar

24757 SW 167th Ave, Homestead, FL 33031

November 30 – December 3, 2013



Swami
Atmavidvananda Giri



Yogacharya
John Thomas Lopategui

This December 3, 2013 marks the 11th anniversary of our beloved Gurudev's Mahasamadhi. We heartily welcome you to the Mahasamadhi Seminar; please join us in honoring the memory of Gurudev and contemplating his teachings.

Tentative Daily Schedule

Saturday and Monday

05:30am Meditation
 07:30am Breakfast & Clean-up Seva
 09:00am Registration, Book Sales & Seva
 09:30am Class
 10:45am Meditation
 12:15pm Lunch & Clean-up Seva
 01:00pm Rest / Private Study / Seva
 04:00pm Q&A/Video
 05:00pm Class
 06:30pm Meditation
 08:15pm Dinner and Clean-up Seva

Sunday

05:30am Meditation
 07:30am Breakfast & Clean-up Seva
 09:00am Registration, Book Sales & Seva
 09:30am Class
 11:00am Teleconference & Meditation
 12:15pm Lunch & Clean-up Seva
 01:00pm Rest / Private Study / Seva
 04:00pm Q&A/Video
 05:00pm Class
 06:30pm Meditation
 08:15pm Dinner and Clean-up Seva

Mahasamadhi Day – Tuesday, December 3, 2013

05:30am Meditation
 07:30am Breakfast & Clean-up Seva
 08:30am Special Mahasamadhi Day Puja
 11:00am Meditation
 12:15pm Lunch & Clean-up Seva
 1:00 pm Rest / Private Study / Seva
 4:00 pm Meditation in Gurudev's Room
 5:30 pm Memories of Gurudev
 6:30 pm Special Meditation
 8:15 pm Dinner and Clean-up Seva

Registration Form: <http://www.kriya.org/eventfile/1263.pdf>

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