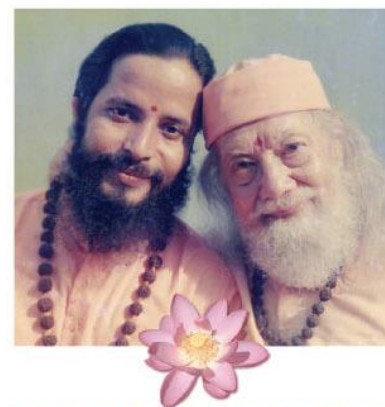


### WHAT IS KRIYA YOGA

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



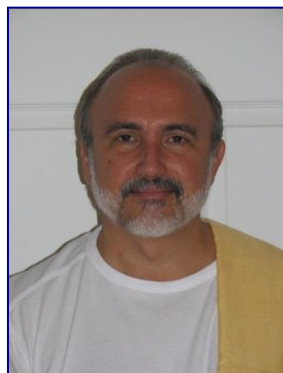
## Holy Days Seminar

24757 SW 167th Ave, Homestead, FL 33031

December 24-25, 2013



**Swami**  
**Atmavidyananda Giri**



**Yogacharya**  
**John Thomas Lopategui**

We welcome you to celebrate with us the birth of Jesus Christ and the spirit of Christmas through meditation, scriptural class, study and contemplation. The Holy Days Seminar will begin at 5:30 a.m. on Tuesday, December 24, 2013 and conclude at 9:30 p.m. Wednesday, December 25, 2013. Here is the tentative schedule for the event:

#### **Christmas Eve – Tuesday December 24, 2013**

05:30AM Meditation  
07:30AM Breakfast and Clean-up seva  
11:00AM Meditation in Baba's Room  
12:15PM Lunch and Clean-up seva  
02:00PM Study and Contemplation  
06:30PM Dinner and Clean-up seva  
07.30PM Study and Contemplation  
08:30PM Christmas Eve Meditation  
12:30AM Retire

#### **Christmas Day – Wednesday December 25, 2013**

06:30AM Meditation  
07:30AM Breakfast and Clean-up seva  
09:30AM Class  
10:30AM Break  
11:00AM Meditation in Baba's Room  
12:15PM Lunch and Clean-up seva  
02:00PM Study and Contemplation  
04:00PM Scriptural Class  
06:00PM Christmas Day Meditation  
08:15PM Dinner and Clean-up seva  
09:30PM Program Concludes

For the Registration Form please visit:

<http://www.kriya.org/eventfile/1276.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.