

# The Ancient, Scientific Teachings of Kriya Yoga

## Madison, WI October 25—27, 2013



with



Yogacharya Bhadrayu Pandya  
& Swami Purnatmananda



### Friday, Oct 25th

7:00 pm—8:30 pm Free Public Lecture (Open to All)

Theme: What is Deep Meditation?

Location: 7821 Twinflower Dr. Madison, WI

### Saturday, Oct 26th

9:00 am—5:00 pm—Kriya Yoga Initiation and Teaching of Techniques

Location: 329 Westridge Parkway, Verona, WI

### Sunday, Oct 27th

9:00 am—5:00 pm—Technique Review, Spiritual Discourse, and Guided Meditation

To register please email [madisonkriya@gmail.com](mailto:madisonkriya@gmail.com)

Phone: Nandini at (608) 848-3844 or Nicholas at (608) 216-6598

For more information: Visit our website at [www.madisonkriya.org](http://www.madisonkriya.org)

Note: The Friday lecture is open to the public. Meditation and technique classes are open only to new initiates and to already initiated kriyavans in the lineage of Paramahansa Hariharananda, Paramahansa Prajnanananda and their authorized teachers of the Kriya Yoga Institute.



### 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

