

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



THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Atlanta, GA

Nov 22, 23, 24 2013



with

Swami Atmavidyananda Giri

**Free Lecture, Open to All – 7 p.m. Friday, Nov 22
Kriya Yoga Information Session**

Location: Global Mall, Suite 595
5675 Jimmy Carter Blvd, Norcross, GA 30071

Saturday November 23rd

9:00 am – 12:00 pm Kriya Initiation
12:00 pm – 1:00 pm Lunch (provided)
1:00 pm – 4:00 pm Technique Teaching and Q&A

Sunday November 24th

9:00 am – 12:00 pm Technique Review & Meditation
2:00 pm – 5:15 pm Discourse and Q&A
5:30 pm – 6:30 pm Kriya Meditation

Location: Holiday Inn Express, Meeting Room
3000 Mansell Road, Roswell-Alpharetta, GA 30022

Contacts: Viswanath (678) 671-YOGA

Ramesh Gude (678) 358-9004

To register for Initiation:
Register in person at Friday night lecture or email
info@atlantakriyayoga.com

Initiation details: <http://www.atlantakriyayoga.com/initiation>

Note: Saturday and Sunday meditations and technique classes may be attended only by initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.

www.atlantakriyayoga.com

