

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Fort Myers, FL Jan 17-19, 2014



with
Swami Atmavidyanand Giri

Free Public Lecture “Ancient Science of Kriya Yoga”

Friday, Jan 17, 2014 7:00PM

Unity of Bonita
28285 Imperial Parkway
Bonita Springs, FL 34135
Ph: (239) 947-3100

Kriya Yoga Initiation and Meditation Sessions

Saturday Jan 18, 2014

9:00 AM to Noon Kriya Initiation
3:00 PM to 6:00 PM Technique Class and Meditation

Sunday Jan 19, 2014

9:00 AM to Noon Technique Review and Meditation
3:00 PM to 5:00 PM Discourse, Q&A, and Meditation

Location

14962 Bonaire Circle, Fort Myers, FL 33908

Contacts:

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This weekend meditation sessions are restricted to those initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.

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

