



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.

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Phoenix, Arizona March 28-30, 2014

with



Yogacharya Srinidhi Baba



Swami Prabuddhananda Giri

Friday, March 28

7:30 – 9:00 pm - Public lecture open to all
Kriya Yoga, The Ancient Science of Meditation
4110 E Chandler Blvd., Phoenix, AZ 85048
City of Phoenix Fire Department Community Room
<Donations Welcome>

Saturday, March 29

7:00-8:00am- Guided Meditation for those already initiated

8:15 am Registration For Initiation

8:45 am – 12:45 pm – Initiation

Potluck vegetarian lunch

3:15 – 5:15 pm – Technique class

5:30 – 6:30pm – Guided Mediation

Sunday, March 30

6:30 –8:00 am 2nd kriya meditation

8:15 – 9:15 am –Guided Meditation

9:30–11:05 am – Review and Benefits of Techniques and Q&A

11:20-12:20 am – Guided Meditation

Potluck Vegetarian Lunch

3:00–4:30 pm – Discourse

4:45–5:45pm – Guided Meditation

For More Information

phxkriyayogaevent@gmail.com - Phone: 480-893-7612

Saturday & Sunday activities are for new and current initiates in the lineage of Parmahansa Hariharananda and Paramahansa Prajnanananda.



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 Shriyukteshwarji 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

