

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

Rochester, NY May 2 – 4 /2014

With Yogacharyas



John Williams & David Strassner



This program is tailored for people new to Kriya Yoga who would like to learn, understand and practice Kriya Yoga

PUBLIC LECTURE

For anyone who is interested in learning about Kriya Yoga

Friday, May 2 7:00-9:00 – Kriya Yoga, The Ancient Science of Meditation

Location: Inner Sage Healing Arts Center at the Old Pickle Factory
1 Grove St, Pittsford, NY 14534

WEEKEND PROGRAM

Location & details will be provided at public lecture or
by calling contacts below

- Saturday, May 3** 9:00-12:30 pm – Initiation into Kriya Yoga
12:30-2:30 pm - Lunch
2:30-6:00 pm – Teachings of Kriya Yoga Techniques
- Sunday, May 4** 9:00-12:30 pm – Technique review and guided meditation
12:30-2:00 pm - Lunch (provided)
2:00-5:00 pm – Question/answers and guided meditation

CONTACTS

Diane Musial – 585-721-3043
Karthi Sugunan - 585-224-6230

REGISTRATION

Please register via email to rochester.kriya@gmail.com



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

