



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 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



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THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA Leawood, Kansas June 20-22, 2014



Swami Atmavidyananda Giri
Brahmachari Kriyanandaji

Free Public Lecture (Open to all)

Topic: **“Joy in everyday life”**

Date/Time: Friday, June 20 (7 pm -8 pm)

Location: Hindu Temple of Kansas City (Classroom)
6330 Lackman Road ,Shawnee, KS 66217-9739

KRIYA YOGA INITIATION & GUIDED MEDITATION

June 21 (Saturday)

08:00 am - 09:00 am	1 st and 2 nd Kriya Meditation
09:00 am - 12:00 pm	Registration and Kriya Yoga Initiation
03.00 pm - 04.00 pm	Video Discourse (Optional)
04:00 pm - 06:00 pm	Meditation Technique Class
06:00 pm - 07:00 pm	Guided Meditation

June 22 (Sunday)

09:00 am - 10:00 am	Guru Paduka Puja
10:00 am - 11:00 am	Technique Review, Q&A
11:00 am - 12:00 pm	Guided Meditation
12:15 pm - 01:15 pm	Potluck Lunch
01:45 am - 02.45 pm	Discourse
03:00 pm - 05:00 pm	Class and Guided Meditation

Contacts

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Location

5444 W 129th Ter, Leawood, KS 66209

Saturday and Sunday program is not open to the public. Participants must already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.