

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 Shriyuktishwarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

PARAMAHAMSA PRAJÑANANANDA
(photo on the left)

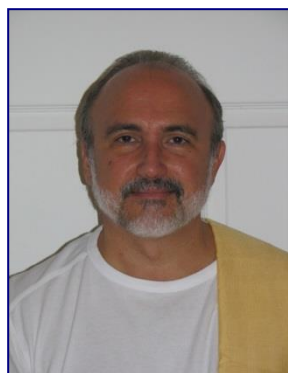
his successor, continues his mission teaching one lesson: the lesson of love. Through every action and breath, he urges us to realize that we all are divine and to achieve that blissful state of divine love and contentment through basic self-discipline and the practice of Kriya Yoga.

LINEAGE OF MASTERS



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Guru Purnima 2014 Seminar Kriya Yoga Institute, Homestead July 12, 2014 to July 13, 2014



Yogacharya John Thomas Lopategui

The Mother Center lovingly invites you to the two-day Guru Purnima Celebration at Kriya Yoga Institute in Homestead, Florida. The event starts at 5:30 am on Saturday, July 12 and ends at 9:00 pm on Sunday, July 13, 2014.

Daily Schedule:

5:30 am	Meditation
7:30	Breakfast & Clean-up
9:00	Registration, Seva, Bookstore Open
10:00	Class
11:00	Meditation (Sunday – Teleconference Call followed by Meditation)
12:15 pm	Lunch & Cleanup
1:00	Bookstore Open, Rest & Contemplation, and Seva
4:00	Video Presentation
5:00	Class
6:30	Meditation
8:15	Dinner & Clean-up

Donations are graciously accepted in lieu of program fee. For Registration please visit:

[Guru Purnima 2014 - Registration Form](#)

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