

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.



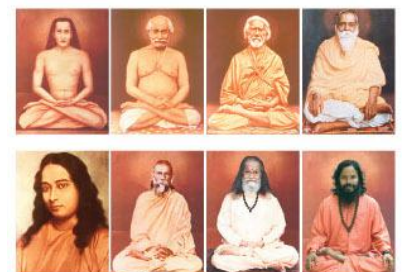
PARAMAHAMSA HARIHARANANDA
(1907-2002) - (photo on the right)

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

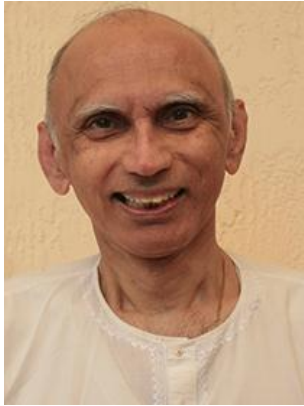


KY1108000103(1008)ROCNV

TEACHINGS OF KRIYA YOGA

Cleveland, OH Weekend Intensive

July 18-20, 2014



with

**Yogacharya Bhadrayu Pandya &
Swami Chidrupananda**

The goal of this program is to help Kriyavans deepen their practice with meditation, lectures and Q&A sessions.

Friday, July 18th

7pm – 8:30pm Kriya Meditation (Kriyavans only)

Saturday and Sunday (July 19th & 20th)

9am – 10:30am Kriya Meditation (Kriyavans only)

10:45 - 12:15pm How to Control the Mind
(Q&A included)

12:15 – 1:45pm Lunch

2 – 3:15pm How to Control the Mind
(Q&A included)

3:30 – 5 pm Kriya Meditation (Kriyavans only)

Location: Express Inn, 4511 Northfield Road, Warrensville Hts, OH 44128
(Art of Living Center)

Contact: Navya Gundapaneni, navyagundapaneni@gmail.com 440.572.2084,
Brian Paquette, tiskismet@gmail.com 440.715.0960,
Amit Kanodia, amit.kanodia16@gmail.com 330.329.1275

Fees: Friday \$10, Saturday \$25, Sunday \$25 (suggested donation)

Note: Meditations and Technique classes may be attended only by initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.