

the loving teachings of **KRIYA YOGA**



With
David Strassner

Rochester, NY September 4th 2014

PUBLIC LECTURE

Thursday Sep 4th **7:00-9:00 pm – Kriya Yoga, The Ancient Science of Meditation**
Old Pickle Factory
1 Grove St, Pittsford NY 14534

INITIATION PROGRAM

Saturday, Sep 6th **9:00-11:30 am – Initiation**
 12:00-2:00 pm – Teaching of Kriya Yoga Techniques
Location will be announced at the lecture

Sunday, Sep 7th **9:00-12:00 pm – Guided Meditation and Technique Review**

For more Information *Karthi Sugunan (585) 224 6230*
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The embodiment of Divine Love
Human beings pine for love in this world without which life is empty. When the love is intense, unconditional, and devoid of expectations, it transforms into divine love. True fulfillment and unbound joy can come only from divine love.

What is Kriya Yoga

In 1861, the immortal Mahavatar Babaji reintroduced Kriya Yoga, the ancient method of living and meditation. Kriya Yoga cultivates body, mind, and intellect using powerful meditative and yogic disciplines. It helps us to cultivate and observe the three divine qualities of light, vibration, and sound by using ancient techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness.



Paramahansa Hariharananda (1907-2002)

a great saint, taught the ancient science of Kriya Yoga, a non-sectarian meditative practice cultivating the body, mind, and soul. Filled with purity and love, he came from a long, unbroken line of masters, ultimately attaining the highest goal of a realized yogi, nirvikalpa samadhi, a conscious, breathless and pulseless state beyond physical limitations. A disciple of Swami Shriyukteshwar and Paramahansa Yogananda, Paramahansa Hariharananda spread Kriya Yoga to the East and West.