

THE LOVING TEACHINGS OF KRIYA YOGA

Memphis, Tennessee Weekend Intensive

September 6-7, 2014



w/ Swami Vairagyananda Giri

It's not until we can let go and detach from the outcome that we align with the highest good of our souls.

The theme of this weekend program will be Surrender. It is tailored for existing Kriya Yoga practitioners, to help them deepen their practice and provide answers and clarity to questions or doubts.

Tentative Schedule

Saturday, September 6

8:00 am	Check-in and Registration
9:00 am	Guided Meditation
10:15 am	Class
11:15 am	Guided Meditation
12:15 pm	Lunch by the Lake
1:30 pm	Free time to rest, be present and enjoy nature...
3:00 pm	Class
4:15 pm	Q & A Session
5:30 pm	Guided Meditation
7:00 pm	Dinner
8:40 pm	Kirtan (Music and Yoganandaji's songs)
9:30 pm	Retire

Sunday, September 8

7:00 am	Meditation
8:00 am	Breakfast
9:30 am	Class
10:45 am	Meditation
12:15 pm	Lunch by the Lake / Pictures
1:30 pm	Free time to rest, be present and enjoy nature...
3:00 pm	Class
4:45 pm	Meditation
6:00 pm	Dinner
7:30 pm	Clean-up, Program Ends

Location

St. Columba Episcopal Retreat Center
4577 Billy Maher Road, Memphis TN 38135

After you enter the retreat center please follow signs for Scheibler's Lodge or Office.

Donation:

\$60 for all classes, meals and lodging
\$15/day for all classes & meals, but not staying overnight

Notes:

- Things to Bring:...Pen & paper (if you'd like to journal or take notes), meditation cushion (if you have one), yoga mat (if you have one), bug repellent (if you plan to walk the trails). All else will be provided for you.
- It may be helpful to jot down ahead of time any questions you might have for the Q&A session with the teachers.
- Please endeavor to be on time for all the classes & meditations, so as not to disturb others.
- Observe silence as much as you can so as to sanctify the environment for yourself & for others. When talking is needed, please do so in a mindful way.
- Please no cell phones inside the meditation hall.

Contact Information:

For any questions, or concerns please contact
Chris Cuminotti (901) 827-1887 or Balaji at (901) 849-4131

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



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

