



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 yo, the indwelling soul. It is a universal spiritual discipline that crosses all divisions and boundaries.

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Maryland/Washington DC Area November 7-9, 2014



with

Yogacharya John Thomas Lopategui



Friday, November 7, 2014

7:30 - 9:00 pm **Free Public Lecture** - Open to all
"Kriya Yoga: The Ancient Science of Meditation"

Location (Friday)

733 Euclid St. NW, Washington, DC 20001
Emergence Community Arts Collective – Community Center
Upstairs Meeting Room (Enter and use door on the right to 2nd Fl.)

Saturday, November 8 *(open to new & current initiates)*

8:30 am - 12:00 pm Registration and **Initiation**
12:30 pm Lunch (provided)
1:45-2:15 Part 1 (video) Kriya Yoga: An Introduction to the Scientific Process, by Paramahansa Prajnanananda
2:30 pm - 5:00 pm Technique Review, Discourse and Q&A
5:30 pm - 6:30 pm Guided Meditation
7:00 pm - 8:00 pm Dinner (provided)

Sunday, November 9 *(open to initiates)*

9:00 am - 10:30 am 2nd Kriya Meditation (for current 2nd Kriya initiates)
11:00 am - 12:00 pm 1st Kriya Meditation (new and all initiates)
12:30 pm Lunch (provided)
1:45-2:15 Part 2 (video) Kriya Yoga: An Introduction to the Scientific Process, by Paramahansa Prajnanananda
2:30pm - 3:30 pm Class and Q&A
4:00 pm - 5:30 pm Guided Meditation / Closing Remarks

Location & Contact (Saturday and Sunday)

1595 Eton Way, Crofton, MD 21114
drhunt2@verizon.net 410-451-5506, 410-980-5769, 301-216-0017

* Saturday & Sunday activities are for new and current initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.



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

