

## THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Bellevue, WA - December 4-7, 2014



with **Swami Atmavidyananda**

### Free Public Lectures (Open to all)

**Thursday, December 4, 2014 from 7-8 PM**

*"Bhagavad Gita in the light of Kriya Yoga"*

**Location:** Bellevue Hindu Temple  
14320 NE 21<sup>st</sup> Street, Bellevue, WA 98007

**Friday, December 5, 2014 from 7-9 PM**

*"Kriya Yoga – Ancient Solution to Modern Problems"*

**Location:** North Bellevue Community Center  
4063 148<sup>th</sup> Avenue NE, Bellevue, WA 98007

### Kriya Yoga Initiation and Meditations

**Location:** 13565 NE 54<sup>th</sup> Place, Bellevue, WA 98005

#### Saturday, December 6, 2014

9-9.30 AM: Registration  
9.30 AM - 12 PM: Kriya Initiation  
12-1 PM: Lunch  
3-5 PM: Technique Class  
5.15-6.15 PM: Guided Kriya Meditation

#### Sunday, December 7, 2014

9-10 AM: Guided Kriya Meditation  
10.15-11.15 AM: Technique review & Benefits  
11.30 AM-12 PM: Guru Paduka Puja  
3-4 PM: Q&A & Spiritual discussion  
4.15-5.15 PM: Guided Kriya Meditation

This segment is open to only those seekers who choose to be initiated on the 6<sup>th</sup> or have already been initiated into the Kriya Lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda. Please contact any of the names listed below to obtain information on how to learn Kriya Yoga.

#### Contacts

Amit Chatterjee (425-615-4851; amitc0823@hotmail.com)  
Sudeep Bharati (425-444-6728; sudeep\_bharati@hotmail.com)  
Rod Burroff / Diana Rosen (360-733-5211; diana.rosen@comcast.net)



### 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 yoga 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.



#### Paramahansa 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.

#### Paramahansa Prajnanananda

(photo on the left), his successor continues his mission teaching one lesson: the lesson of love. Through every action and breath, he urge 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

