

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 Shriyuktेश्वarji 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



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# Yoga Lifestyle Training Seminar

## Mother Center in Homestead, FL

### May 29 – June 28, 2015



If you have ever contemplated whether living a dedicated spiritual life in a Kriya Yoga ashram was right for you, we invite you to join us by participating in the **Yoga Lifestyle Training Seminar** at the Kriya Yoga Institute in Homestead, Florida. This month-long training seminar, from May 29 to June 28, 2015 is designed to provide you with an opportunity to experience ashram life with its commitment to spiritual discipline, moderation, and *seva* (selfless service).

Daily classes will focus on the holy scriptures of the Bible and the Bhagavad Gita as well as the yogic texts of Patanjali's Yoga Sutra, Hatha Yoga Pradipika, and others. Aspirants will receive training for living a life of love, meditation, and compassionate service while deepening their spiritual practice and receiving a foundation for ashram life.

The fee for the month-long seminar is only \$300 USD, which includes all classes, simple vegetarian meals, dormitory-style accommodation, and printed material used in the course. Participation in this seminar is limited; if you have deep desire for following the spiritual path of Kriya Yoga, please submit an [application for Yoga Lifestyle Training](#) by February 1, 2015. Your application will be reviewed and selected candidates will be contacted to further discuss this opportunity.

Applicants should preferably be of good health and a spiritual aspirant with a keen interest in the practice of Kriya Yoga, spiritual study, and yogic lifestyle. For more information about this training seminar, please contact us at (305) 247-1960.

### Tentative Daily Schedule

5:00 am – 5:30 am	Yogasana
5:35 am – 5:45 am	Morning Prayers
5:45 am – 7:15 am	Meditation
7:30 am – 8:30 am	Breakfast
9:00 am – 11:00 am	Scriptural Class
11:00 am – 12:00 pm	Meditation
12:15 pm – 1:15 pm	Lunch
2:00 pm – 3:00 pm	Private Study / Contemplation
3:00 pm – 4:30 pm	Seva
5:00 pm – 6:30 pm	Scriptural Class
7:00 pm – 8:00 pm	Meditation
8:15 pm – 9:15 pm	Dinner
9:15 pm – 9:30 pm	Devotional Singing / Gita Chanting
9:30 pm	Retire

Topics for Classes will include:  
Brahmacharya, Yama and Niyama, the Effects of Food on Spiritual Life, Basics of the Six Schools of Indian Philosophy, Tattva Bodha (four fold qualification of the seeker)

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