

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 Shriyuktेशwarji 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



# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA Gurudev's Birthday Seminar Kriya Yoga Institute, Homestead, FL Saturday, May 23 – Wednesday, May 27, 2015



with

**Swami Atmavidyananda,**

**& Yogacharya John Thomas Lopategui**

We invite you to join us in a beautiful celebration of Baba Hariharanandaji's birthday at the ashram that he lovingly created for his devotees in Homestead, Florida. Come fill your heart with his divine love at this seminar that will include a special puja, videos about Gurudev, meditations, classes, and a tour of his garden. Deepen your practice and your love for Gurudev.

**Saturday, May 23 to  
 Tuesday, May 26**

5:30 am Meditation – 1<sup>st</sup> & 2<sup>nd</sup> Kriya  
 7:30 Breakfast & Cleanup Seva  
 8:30 Registration & Book Sales  
 9:30 Class  
 10:45 Meditation – 1<sup>st</sup> Kriya  
 12:15 pm Lunch & Cleanup Seva  
 1:00 Rest, Self-Study, Seva  
 4:00 Q & A / Special Program  
 5:30 Class  
 7:00 Meditation – 1<sup>st</sup> Kriya  
 8:15 Dinner & Cleanup Seva  
 9:00 Chants / Prayers

**Wednesday, May 27**

5:30 am Meditation – 1<sup>st</sup> & 2<sup>nd</sup> Kriya  
 7:30 Breakfast & Cleanup Seva  
 8:00 Guru Puja Ceremony  
 10:45 Meditation – 1<sup>st</sup> Kriya  
 12:15 pm Lunch & Cleanup Seva  
 1:00 Rest, Self-Study, Seva  
 4:00 Garden Tour  
 4:30 Birthday Celebration  
 7:00 Meditation – 1<sup>st</sup> Kriya  
 8:15 Dinner & Cleanup Seva  
 9:00 Chants / Prayers

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 Prajnanananda.