



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

New York City, NY February 20 - 22



with

**Swami Atmavidyananda Giri  
& Yogacharya John Williams**

**Public Lecture: Friday, February 20**

7:00 pm – 8:30 pm  
 \$10 Donation

Location for all Program Events: The Breathing Project  
 15 West 26<sup>th</sup> Street, 10<sup>th</sup> Floor (between Broadway & 6<sup>th</sup> Ave)

<b>Saturday Feb 21</b>	9:00 am – 12 noon	First Kriya Initiation
	12 noon – 2:30 pm	Lunch Break
	2:30 pm – 5:30 pm	Teaching of the Techniques
<b>Sunday Feb 22</b>	10:00 am – 11:00 am	Technique Review
	11:00 am – 12:00 pm	Guided Meditation
	12:00 pm – 1:30 pm	Lunch Break
	1:30 pm – 2:15 pm	Q & A
	2:15 pm – 3:15 pm	Guided Meditation
	3:15 pm – 4:00 pm	Spiritual Discourse
	4:15pm – 5:30 pm	Guided Meditation and Closing

**Information / Contact**

Requirements for initiation are: \$150 donation and offering of 5 fruits and 5 flowers. As these items are offerings, and are a part of your initiation ceremony, you will need to have the donation, fruits and flowers with you on Saturday in order to participate in the initiation ceremony. Student must be able to attend three guided meditations during the initiation weekend to fully learn the technique. There is an additional \$25 donation fee for the Sunday mediation