

#### 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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## THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**St. Louis, MO**  
**April 17-19, 2015**



with  
**Yogacharya David Strassner**

### Free Public Lecture (Open to all)

**Topic: “Kriya Yoga: The Art and Science of Meditation and Spirituality”**

**Date/Time: Friday, Apr 17 (7 pm -8 pm)**

**Location:** The Hindu temple of St. Louis. 725 Weidman Road, St. Louis, MO - 63011

#### KRIYA YOGA INITIATION & GUIDED MEDITATION

##### **Apr 18 (Saturday)\***

09:00 am - 12:00 pm	Registration and Kriya Yoga initiation
04:00 pm - 06:00 pm	Meditation Technique class
06:00 pm - 07:00 pm	Guided Meditation

##### **Apr 19 (Sunday)\***

09:00 am - 11:00 am	Technique review, Q&A
11:00 am - 12:00 pm	Guided Meditation
03:00 pm - 05:00 pm	Class and Guided Meditation

#### **Contacts**

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#### **Location**

15380 Squires way Dr. Chesterfield, MO-63017

\*Meditation and technique classes may be attended only by initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.