



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.

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Austin, TX
March 13 - 15, 2015



[Swami Atmavidyananda Giri](#) & [Swami Prabuddhananda Giri](#)

Friday March 13

7:30 pm Public lecture open to all
AOMA - in DOJO room
4701 West Gate Blvd. Austin, TX 78745
\$15 suggested Love offering donation:

Saturday March 14 **

8:30 am – noon Initiation
12:30 – 1:30pm Vegetarian Potluck hosted by Austin Center
Break
3:00 – 4:00 pm Technique Class
4:15 - 6:15 pm Spiritual Discourse Guided Meditation **

Sunday March 15 **

10:00 – 12:30 pm Technique Review & Meditation**
12:30– 1:30 pm Vegetarian Potluck hosted by Austin Center
Break
3:00 – 5:30 pm Spiritual Discourse Guided Meditation **

Location: Saturday & Sunday @ Austin Kriya Yoga Center


Maps given at Friday's public lecture

Register for Initiation: in person at Friday night lecture or via email

Initiation what to bring: <http://austinkriya.wordpress.com/kriya-initiation>

**Sat & Sun may be attended only by those taking initiation or those already initiated in the lineage of Paramahansa Hariharananda & Paramahansa Prajnanananda.

Austin Kriya Yoga Center 512.288.2897 email: austinkriya@hotmail.com

 <https://www.facebook.com/austinkriyayoga> & Blog <http://austinkriya.wordpress.com>



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

