

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**Andover, MA June 5-7, 2015**



with **Yogacharya Bhadrayu Pandya**  
**Free Public lecture June 5<sup>th</sup> 6pm-9pm**



**Circles of Wisdom**  
A Metaphysical Bookstore & Resource Center

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## **Saturday June 6**

8:30 – 9:00 am Registration  
9:00 – 12:15 pm Initiation ceremony  
12:15 – 2:00 pm Lunch & Break  
2:00 – 4:00 pm Teaching 1<sup>st</sup> Kriya techniques  
4:00 – 4:15 pm Break  
4:15 – 5:15 pm 1<sup>st</sup> Kriya Guided Meditation

## **Sunday, June 7**

9:00 – 11:00 am Technique review /Q&A  
11:00- 11:15 am Break  
11:00 – 12:00 pm 1<sup>st</sup> Kriya Guided meditation  
12:15 – 1:30 pm Lunch & Break  
1:30 – 3:30 pm Talk (Integrating spiritual life with worldly life) and Q & A  
3:30 – 3:45 pm Break  
3:45 – 4:45 pm 1<sup>st</sup> Kriya Guided Meditation

## **Registration**

Please contact Ryan McCarthy 978-704-1008 or via email to  
[kriyayogaboston@gmail.com](mailto:kriyayogaboston@gmail.com)

## **Location**

Private home in Tewksbury, MA (details upon registration)

## 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

