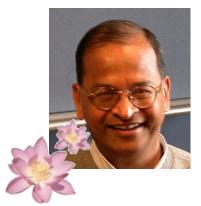
Kriya Yoga Institute's Greater Seattle Center

425-615-4851 | Kriya.Seattle@outlook.com | www.kriya.org

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Bellevue, WA - May 8-10, 2015





Yogacharya Suresh Kodolikar

Swami Vairagyananda Giri

Free Public Lecture (Open to all)

Friday, May 8, 2015 from 7-9 PM "Kriya Yoga in Practical Life"

Location: North Bellevue Community Center 4063 148th Avenue NE, Bellevue, WA 98007

Kriya Yoga Initiation and Meditations

Location: 13565 NE 54th Place, Bellevue, WA 98005

Saturday, May 9, 2015

9-9.30 AM: Registration 9.30 AM - 12 PM: Kriya Initiation

12-1 PM: Lunch

3-5 PM: Technique Class Guided Kriya 5.15-6.15 PM:

Meditation

Sunday, May 10, 2015

9-10 AM: Guided Kriya Meditation

10.15-11.15 AM: Technique review &

Benefits

3-4 PM: Q&A & Spiritual discussion

Guided Kriva Meditation 4.15-5.15 PM:

This segment is open to only those seekers who choose to be initiated on the 9th or have already been initiated into the Kriya Lineage of Paramahamsa Hariharananda and Paramahamsa Prajnanananda. Please contact any of the names listed below to obtain information on how to learn Kriya Yoga.

Contacts

Amit Chatterjee (425-615-4851; amitco823@hotmail.com) Sudeep Bharati (425-444-6728; sudeep bharati@hotmail.com) Rod Burroff / Diana Rosen (360-733-5211; diana.rosen@comcast.net)



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 yoga 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 onepointed 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 Shriyukteshwarji and Paramahamsa Yoganandaji, he spread Kriya Yoga to the East and West.

Paramahamsa Prajnanananda

(photo on the left), his successor continues his mission teaching one lesson: the lesson of love. Through every action and breath, he urge us to realize that we all are divine and to achieve that blissful state of divine love and contentment through basic selfdiscipline and the practice of Kriya Yoga.

Lineage of masters

















