

## THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA Overland Park, Kansas May 15-17, 2015



**Yogacharya John Williams**  
**Brahmachari Kriyanandaji**

Free Public Lecture (Open to all)

Topic: **“Benefits of Yoga/Meditation”**

Date/Time: Friday, May 15 (7 pm -8:30 pm)

Location: Tomahawk Ridge Community Center(Conf. Room)  
11902 Lowell Ave, Overland Park, KS 66213

### KRIYA YOGA INITIATION & GUIDED MEDITATION

#### **May 16 (Saturday)**

09:00 am - 12:00 pm	Kriya Yoga Initiation
12:15 pm - 01:15 pm	Potluck Lunch
02.30 pm - 04.00 pm	Meditation Technique Class
04:15 pm - 05:15 pm	Guided Meditation

#### **May 17 (Sunday)**

09:00 am - 10:00 am	Guided Meditation
10:15 am - 12:00 pm	Technique Review, Q&A
12:15 pm - 01:15 pm	Potluck Lunch
02:00 pm - 03.30 pm	Discourse on Meditation
03:30 pm - 04:30 pm	Guided Meditation

#### **Contacts**

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	Web Site: <a href="http://www.kansaskriya.org">www.kansaskriya.org</a>	

**Location :** 5612 W 152nd place, Overland Park, KS 66223

Saturday and Sunday program is not open to the public. Participants must already be initiated into Kriya Yoga in the lineage of Paramahamsa Hariharananda and Paramahamsa Prajñanananda.



#### 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 Shriyuktishwarji and Paramahamsa 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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