

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Rochester, New York May 15th to 17th 2015



with

Swami Athmavidyananda Giri & Yogacharya David Strassner

Friday 15th

**7 - 9 pm Public lecture open to all
*An Overview of Kriya Yoga***

Location

First Unitarian Church, 220 S. Winton Rd, Rochester NY 14610
(Sat & Sun Program location is to be announced)

Saturday, 16th

9 am – 12:30 pm Initiation
3 - 7 pm Class / Technique Review

Sunday, 17th

9 am – 11 am 1st and 2nd Kriya Meditation
11:15 am to 1 pm Technique Review
1 pm to 3 pm Potluck Lunch and Rest
3 pm to 6 pm Discourse by Swamiji & Guided Meditation

contact

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May 16th and 17th program invites only those who would like to receive Kriya Yoga Initiation and those who have already been initiated into the lineage of Paramahansa Hariharananda and Paramahansa 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 Shriyukteshwarji 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

