

KRIYA YOGA INFORMATION SESSION

Free and Open to All
May 16, Saturday, 2015



Live Webcast with
Yogacharya Elizabeth Tackenberg

6.00 p.m. – 7.00 p.m. – Lecture
7.15 p.m. – 8.00 p.m. – Dinner

Location:

Browner Hall, 3180 Atlanta Road, Smyrna, GA

You are invited to attend this unique event to learn about Kriya Yoga from an experienced teacher, Q&A session and meet the local group.

Yogacharya Elizabeth is a retired architect, a former member of the American Institute of Architects, and currently lives in Miami Beach, Florida. She has offered dedicated service as an active center leader, organizer, and board member for the Kriya Yoga Institute for decades. She deeply enjoys spending time in silence and prayer, and especially helping to spread the message of Kriya Yoga.

Must register to reserve a seat:

Register by email info@atlantakriyayoga.com

Contacts: Viswanath (678) 671-YOGA

Vimala (404) 432 5505

<http://www.atlantakriyayoga.com/free-information-session>

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

