

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.



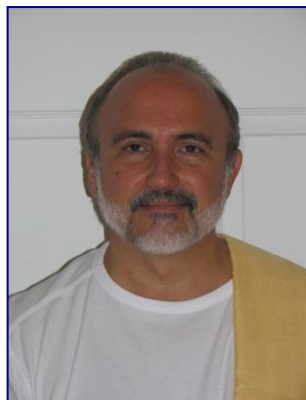
**PARAMAHAMSA HARIHARANANDA**  
 (1907-2002) - (photo on the right)  
 filled with purity and love, came from a long, unbroken line of masters, ultimately attaining nirvikalpa samadhi, the highest goal of a realized yogi. A disciple of Swami Shriyuktishwarji and Paramahansa Yoganandaji, he spread Kriya 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



## Fall Retreat – Kriya Yoga Institute, Homestead September 17–22, 2015



### Swami Atmavidyananda Giri & Yogacharya John Thomas Lopategui

The Chandi, written by sage Vyasa, is a scripture that describes the Divine Mother’s beauty, capability, and love. The Divine Mother or feminine aspect of God is reflected in many religions as the source of strength, power, and ability within each of us. We invite you to join us in a six-day Fall Retreat at the ashram that Gurudev Hariharananda lovingly created for his devotees in Homestead, Florida. The theme of the retreat will be about how we can transcend *maya* to attain oneness with God. Apart from long meditation sessions and classes, this retreat includes a special puja, garden tour and celebration on the Foundation Day, September 22. Come, deepen your practice, and fill your heart with divine love.

Tentative Daily Schedule:

Thursday, September 17 to Tuesday, September 22		Foundation Day Tuesday, September 22	
05:30am	Meditation	05:30 am	Meditation
07:30	Breakfast & Clean-up Seva	07:30	Breakfast & Clean-up Seva
08:30	Registration & Book Sales	08:30	Foundation Day Puja
09:30	Class	10:45	Meditation
10:45	Meditation	12:15pm	Lunch & Clean-up Seva
12:15pm	Lunch & Clean-up Seva	01:00	Rest & Contemplation, Book Store Opened & Seva
01:00	Rest & Contemplation, Book Store Opened & Seva	4:00	Garden Tour
04:00	Q&A / Video	5:00	Celebration
05:30	Class	6:30	Meditation
07:00	Meditation	8:15	Dinner & Clean-up Seva
08:15	Dinner & Clean-up Seva	9:00	Chants & Prayers
09:00	Chants & Prayers		

For registration please visit: [Fall Retreat 2015 Registration Form](#)

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