

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.

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Tampa, Florida * July 17 - 19, 2015



with

Swami Atmavidyananda

Friday, July 17, 2015

Free Public Lecture: 7pm – 9pm

Location: Namaste Yoga Studio
23606 State Road 54
Lutz, FL 33559



Saturday, July 18

8:45 am – 9 am	Registration for Initiation
9 am – 12 pm	Kriya Initiation
12 pm – 2 pm	Lunch Break
2 pm – 5 pm	Techniques Class, Q & A, Meditation

Sunday, July 19

9 am – 12 pm	Meditation, Techniques Review, Discourse
12 pm – 2 pm	Lunch Break
2 pm – 5 pm	Spiritual Discourse, Q & A, Meditation

***Please note the location for Saturday and Sunday's event will be announced at the public program Friday, July 17. If you are unable to attend, please call or email for further information.**

For further information please contact:

Bill (813) 988-4154 * or
Dolly (863) 603-3932 * tampakriya@ymail.com

*****For information on Kriya Yoga initiation you can also visit: www.kriya.org*****

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



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

