

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)

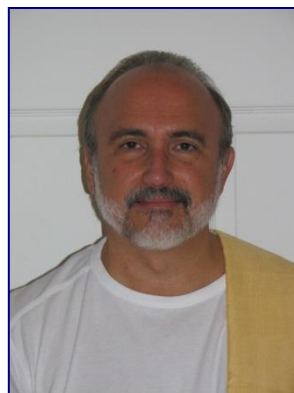
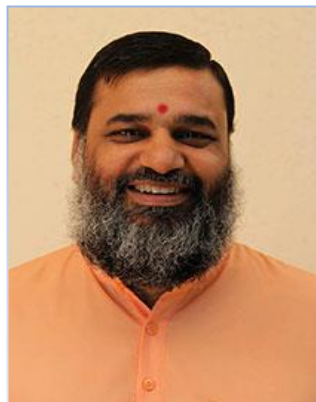
his successor, continues his mission teaching one lesson: the lesson of love. Through every action and breath, he urges us to realize that we all are divine and to achieve that blissful state of divine love and contentment through basic self-discipline and the practice of Kriya Yoga.

LINEAGE OF MASTERS



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Paramahansa Prajnananandaji's Birthday Seminar, Kriya Yoga Institute, Homestead August 08, 2015 to August 10, 2015



Swami Atmavidyananda Giri & Yogacharya John Thomas Lopategui

In honor of our beloved Guruji, Paramahansa Prajnananandaji, the Mother Center lovingly invites you to a Birthday Seminar at the Kriya Yoga Institute in Homestead, Florida. The event starts at 5:30am on Saturday, August 08 and ends at 9:00pm on Monday, August 10, 2015. Each day includes classes, an opportunity for questions & answers, and guided meditations. Included in the topics will be the sharing of experiences and teachings of Guruji and Gurudev. On Monday there will be a Guru Paduka Puja.

Here is the tentative daily schedule:

- 5:30am Meditation
- 7:30am Breakfast & Clean-up
- 9:00am Registration, Seva, Sales
(Monday – Guru Paduka Puja from 9:00am to 11:00am)
- 10:00am Class (Saturday & Sunday)
- 11:00am Meditation
(Sunday – Teleconference followed by Meditation)
- 12:15pm Lunch and Clean-up
- 1:00pm Book Store open, Rest & Contemplation, and Seva
- 4:00pm Q&A / Video
- 5:00pm Class
- 6:30pm Meditation
- 8:15pm Dinner & Clean-up

Donations are graciously accepted in lieu of program fee. For Registration please visit: [Guruji Birthday Seminar Registration Form](#)