



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 yo, 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 PRAJNANANANDA
(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



THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Ellicott City, Maryland

November 13-15, 2015



Yogacharya David Strassner

Friday, November 13, 2015

7:30 - 9:00 pm **Free Public Lecture** - Open to All

"Kriya Yoga: The Ancient Science of Meditation"

Location Historic Oakland Manor

Address: 5430 Vantage Point Road, Columbia, MD 21044

Directions: <http://www.historic-oakland.com/directions>

Phone: 410-730-4801

Weekend Initiation Program

Saturday, November 14 (open to new & current initiates)

8:30 am - 12:00 **INITIATION**

12:30 pm Lunch Provided (vegetarian)

1:45 - 4:00 Technique Class and Q&A

4:00 - 4:30 Tea Break

4:30 - 5:30 Guided Meditation

6:00 - 7:00 Dinner Provided (vegetarian)

Sunday, November 15

9:00 - 11:00 am Guided Meditation (1st & 2nd Kriya)

11:15 - 1:00 pm Technique Review and Q&A

1:00 pm Lunch Provided (vegetarian)

2:30 - 5:00 pm Discourse & Guided Meditation

Location (Saturday and Sunday)

3925 Gray Rock Drive, Ellicott City, MD 21042

Contact

Phone: Denise 410-451-5506, 410-980-5769, or John 301-216-0017

Email: info@baltimore.kriya.org

*Saturday & Sunday activities are for new and current initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.