

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

## Austin, TX November 13 - 15, 2015



**Yogacharya Suresh Kodoliar & Brahmachari Karantha**

### Friday November 13

**7:30 pm** Public lecture open to all  
*Little House of Love*  
1 Pillow Road, Austin, TX 78745  
Near Central Market Westgate  
Park across the street at the school  
\$15 suggested Love offering donation:

### Saturday November 14 \*\*

8:30 am – noon Initiation  
12:30 – 1:30pm Vegetarian Potluck hosted by Austin Center  
Break  
3:00 – 4:00 pm Technique Class  
4:15 - 6:15 pm Spiritual Discourse Guided Meditation \*\*

### Sunday November 15 \*\*

10:00 – 12:30 pm Technique Review & Meditation\*\*  
12:30– 1:30 pm Vegetarian Potluck hosted by Austin Center  
Break  
3:00 – 5:30 pm Spiritual Discourse Guided Meditation \*\*

**Location:** Saturday & Sunday @ Austin Kriya Yoga Center

Maps given at Friday's public lecture

**Register for Initiation:** in person at Friday night lecture or via email

**Initiation what to bring:** <http://austinkriya.wordpress.com/kriya-initiation>

\*\*Sat & Sun may be attended only by those taking initiation or those already initiated in the lineage of Paramahansa Hariharananda & Paramahansa Prajnanananda.

**Austin Kriya Yoga Center 512.785.7167 email: [info@austin.kriya.org](mailto:info@austin.kriya.org)**

**<https://www.facebook.com/austinkriyayoga> & Blog <http://austinkriya.wordpress.com>**



### 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 Shriyuktेश्वarji 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

