

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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FIND PEACE, LOVE AND JOY THROUGH THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA MEDITATION

Columbus, OH Nov 6 – Nov 8, 2015



Yogacharya David Strassner

Friday, Nov 6
6:30 - 8 pm Free Public Lecture
(Open to all. Vegetarian Dinner Included)

Topic: Kriya Yoga: Path to Inner peace

Location: Moxie's, 3468 North High Street, Clintonville, Columbus, OH
(On High Street, between North Broadway & Oakland Park Ave)

Saturday, Nov 7

9:00 am – 12:00 pm	Initiation
12:00 pm – 2:00 pm	Vegetarian Lunch (provided) & Video
2:00 pm – 4:00 pm	Meditation technique teaching
4:00 pm – 5:00 pm	Guided Meditation

Sunday, Nov 8

9:30 am – 12:00 pm	Meditation technique Review
12:00 pm – 1:30 pm	Vegetarian Lunch (provided)
1:45 pm – 2:30 pm	Q & A
2:45 pm – 3:45 pm	Spiritual Discourse
4:00 pm – 5:00 pm	Guided Meditation and Closing

Location for Saturday and Sunday

4475 Emma's Ct, Hilliard, OH 43026
(Behind the YMCA on Cosgray Rd in Hilliard)

Contact

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