

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**Charlotte, NC Nov 20-22, 2015**



*With*

**Yogacharya Suresh Kodollikar**

7:00 pm **Friday, Nov 20** (Public Lecture, open to all)

Topic: **Stress Management with Yoga and Meditation**

Venue: 3100 Stanbury Dr., Matthews, NC 28104

(Followed by dinner)

**Saturday, Nov 21**

9:00 – noon	Initiation
noon – 1:00 pm	Lunch (provided)
3.30 – 6:00 pm	Technique Review and Q&A
6.00 – 7.15 pm	Guided Meditation
8:00 pm	Dinner

**Sunday, Nov 22**

8:00 – 9:00 am	Guided Meditation
9:15 – 11:15 am	Technique Review and Q&A
11:15 am - noon	Guided Meditation
noon – 1:00 pm	Lunch (provided)
3.00 – 4:30 pm	Spiritual Discourse
4.45 – 6.00 pm	Guided Meditation
6:00 pm	Close

**Venue (Saturday & Sunday)**

Charlotte Kriya Yoga Center, 1110 Delacourt Lane, Matthews, NC 28104

**Contact**

Adesh Gupta at 704-814-7476 or email [info@charlotte.kriya.org](mailto:info@charlotte.kriya.org)

The Sat/Sun program is not open to public. It is for participants who are getting initiated, or already initiated in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.

## 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

