

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.

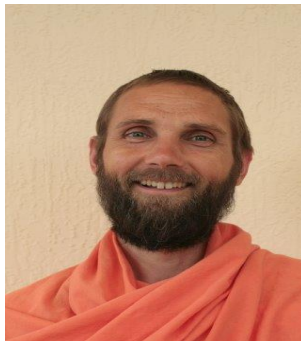
LINEAGE OF MASTERS



KYI108000103(1008)ROCNY

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Tampa, Florida * January 29 - 31, 2016



with

Swami Atmavidyananda

and

Swami Chidrupananda

Friday, January 29, 2016

Free Public Lecture: 7pm – 9pm

Location: Namaste Yoga Studio

23606 State Road 54

Lutz, FL 33559



Saturday, January 30

| | |
|----------------|--------------------------------------|
| 8:45 am – 9 am | Registration for Initiation |
| 9 am – 12 pm | Kriya Initiation |
| 12 pm – 2 pm | Lunch Break (lunch will be provided) |
| 2 pm – 5 pm | Techniques Class, Q & A, Meditation |

Sunday, January 31

| | |
|--------------|--|
| 9 am – 12 pm | Meditation, Techniques Review, Discourse |
| 12 pm – 2 pm | Lunch Break (lunch will be provided) |
| 2 pm – 5 pm | Spiritual Discourse, Q & A, Meditation |

***Please note the location for Saturday and Sunday's event will be announced at the public program Friday, January 29th. If you are unable to attend, please call or email for further information.**

For further information please contact:

Bill (813) 988-4154 * or

Dolly (813) 707-3600 * tampakriya@gmail.com

*****For information on Kriya Yoga initiation you can also visit: www.kriya.org*****

This weekend program is not open to the public. Participants must be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.