

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

## Raleigh, NC April 22-24, 2016



**Yogacharya John Thomas Lopategui**

6:30 pm

### Friday, April 22

Public Lecture, Free and open to all  
“Kriya Yoga, Ancient Technique for Self Realization”  
Lecture will be followed by Q&A and dinner  
**Venue:** 613 Manassas Gap Pl, Cary NC 27519

9 am – noon

Noon - 1 pm

4:00 – 6:00 pm

6:00 – 7:30 pm

8:00 – 9:00 pm

### Saturday, April 23

Initiations into Kriya Yoga  
Lunch (provided)  
Overview of Techniques, Q&A  
Guided Meditation  
Dinner

8:00 – 9:30 am

9:45 – 10:45 am

11:00 am - noon

Noon – 1:00 pm

2:00 – 4:00 pm

4:30 pm

### Sunday, April 24

Intensive Meditation  
Q&A  
Guided Meditation  
Lunch (provided)  
Spiritual Discourse & Guided Meditation  
Close

### Location (On Saturday and Sunday)

117 Juliet Circle, Cary NC 27513

### Contact

Contact Venkat Pedibhotla at 336-686-2505 or email  
[Venkat.pedibhotla@gmail.com](mailto:Venkat.pedibhotla@gmail.com) to register for initiation or other inquiries.

Saturday & Sunday program is not open to the public. Participants must be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.

### 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 Shriyuktेशwarji 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

