

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



KY1108000103(1008)ROCNV

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Pittsburgh, PA June 17-19, 2016



with

Swami Atmavidyananda Giri

This program is tailored for people new to Kriya Yoga who would like to learn, understand and practice Kriya Yoga

7 - 9 pm	Friday, June 17 Free Public lecture - Open to All An Overview of Kriya Yoga
9 am - noon	Saturday, June 18 Initiation Free Lunch 12:30 – 1:30 pm
3 - 5 pm	Class for new Initiates
7 - 9 pm	Discourse and Guided Meditation
9 am - 4 pm	Sunday, June 19 All-Day Program: Discourses, Classes, and Guided Meditations Free Lunch 12:30 – 1:30 pm

Location

205 Mary St, Carnegie, PA 15106

Registration for Initiation

Please register for initiation at the Friday Night lecture
or via email to info@pittsburgh.kriya.org.

* Saturday & Sunday activities are for new and current initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.

Contact

David Manipoli, (724) 407-8898, info@pittsburgh.kriya.org