

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**Public Lecture and Initiation**  
**Cincinnati, OH March 18-20, 2016**



*with*  
**Yogacharya Bhadrayu Pandya  
and Swami Chidrupananda Giri**



## Free Public Lecture

**Find Peace, Love, & Happiness Through Kriya Yoga**  
**Friday March 18, 7:15 – 9:00 pm**

**Location:** Cincinnati Yoga School, 6125 Ridge Avenue, 45213 – 2<sup>nd</sup> floor

**Please reserve all weekend 3/19 - 20, for initiation. Details will be provided at the 3/18 public lecture, also contact below, and at kriya.org.**

### Saturday, March 19

8:30 am – noon Initiation into Kriya Yoga  
12:15 – 1:15 pm Lunch  
3:00 – 5:00 pm Techniques Teaching\*  
5:15 – 6:15 pm Guided Meditation\*

### Sunday, March 20

8:30 – 10:30 am Techniques Review\*  
10:45 – 11:45 am Guided Meditation\*  
12:00 – 1:00 pm Lunch  
1:15 – 3:00 pm Spiritual Discourse, Q & A – Open to all  
3:15 – 4:15 pm Guided Meditation\*

**Program location Saturday & Sunday:** Cincinnati Kriya Yoga Center,  
9865 Winnebago Trl, Evendale OH 45241

**Contact/Registration:** Judy (513) 403-0176 or Chanchal (513) 777-9736;  
info@cincinnati.kriya.org

New initiates are expected to attend 3 meditation sessions.

\* Meditation and technique classes may be attended only by initiates 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 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

