

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Rochester, New York

May 20th to 22nd 2016



with

Yogacharya Suresh Kodollikar & Yogacharya David Strassner

Friday 20th

7 - 9 pm Public lecture open to all
An Overview of Kriya Yoga

Location

Old Pickle Factory, 1 Grove Street Pittsford NY 14534

Saturday & Sunday activities are for new and current initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.
(for Sat & Sun Program the location is to be announced)

Saturday, 21st

9 am – 1 pm Initiation

3 - 7 pm Teaching of the Techniques and Guided Meditation

Sunday, 22nd

9 am – 11 am 1st and 2nd Kriya Meditation

11:15 am to 1 pm Technique Review and Discourse

1 pm to 3 pm Potluck Lunch and Rest

3 pm to 6 pm Discourse & Guided Meditation

contact

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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

