

the loving teachings of **KRIYA YOGA**



With

Swami Atmavidyananda Giri
Little Rock, AR
June 10 – 12, 2016

Friday, June 10,
7:00 – 9:00 pm

Public Lecture – Open to All
The Ancient Science of Meditation
Arkansas Yoga Collective
7801 Cantrell Rd., Suite D, Little Rock, AR 72227

Saturday, June 11
8:30 am – noon
12:15 – 1:15 pm
3:00 – 5:00 pm
5:15 – 6:15 pm

Initiation Program – Day 1
Initiation into Kriya Yoga
Lunch
Teaching of the Techniques
Guided Meditation

Saturday, June 12
8:30 – 10:30 am
10:45 – 11:45 am
12:00 – 1:00 pm
1:15 – 3:00 pm
3:15 – 4:15 pm

Initiation Program – Day 2
Review of Techniques
Guided Meditation
Lunch
Spiritual Discourse
Guided Meditation

Location

Location of Initiation Program will be announced at the public lecture

For More Information

Contact: Grace Shivers: (501) 396-9184 or email lunagraceshivers@gmail.com

The initiation program is only opened to those taking initiation or already 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

