



KRIYA YOGA INITIATION PROGRAM ORLANDO, FL



with
Swami Chidrupananda Giri

Inspirit Yoga Studio
7575 Kingspointe Pkwy #21, Orlando, FL 32819

FREE PUBLIC TALK

Kriya Yoga - An Ancient Science of Breath and Meditation
Fri, Mar 17, 2023, 7:00 pm - 8:30 pm

INITIATION SESSION*

Sat, Mar 18, 2023

- 08:30 am to 08:45 am - Check-in (please plan to arrive by 8:30 am)
- 09:00 am to 12:15 pm - Initiation Ceremony
- 12:30 pm to 02:00 pm - Lunch Break
- 02:00 pm to 05:30 pm - Teaching of Techniques, Guided Meditation

Sun, Mar 19, 2023

- 08:30 am to 12:00 pm - Technique Review, Guided Meditation
- 12:00 pm to 01:30 pm - Lunch Break
- 01:30 pm to 04:30 pm - Q & A, Guided Meditation

*Saturday & Sunday sessions are limited to those getting initiated in Kriya Yoga as well as to those already initiated in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda. The minimum age to get initiated is 13 years. Initiation Offerings and other details will be provided while confirming your online registration and at the Public Talk.

For event details and registration:

<https://www.kriya.org/event-details/6544/en>



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.



PARAMAHANSA 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.

PARAMAHANSA 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



Orlando Kriya Center | 510-676-5654 | orlando-fl@kriya.org

Kriya Yoga Institute | www.kriya.org | 305-247-1960 | institute@kriya.org