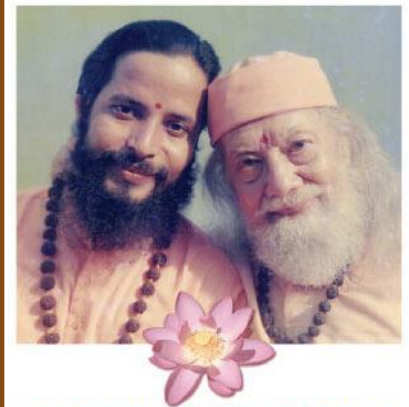


WHAT IS KRIYA YOGA

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



THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA INITIATION



Sw. Purnatmananda Giri

Location :
Little Rock, AR

Date :
June 16 -18, 2023

Schedule:

Friday, June 16

6:00 pm – 8:00 pm Public Lecture

Saturday, June 17

8:30 am – 9:00 am Registration

9:00 am – 12:00 pm Kriya Yoga Initiation*

12.00 pm – 2:00 pm Lunch/rest

2:00 pm – 4:00 pm Technique Class

4.15 pm – 5:30 pm Guided Meditation*

Sunday, June 18

8:30 am – 10:30 am Technique Review

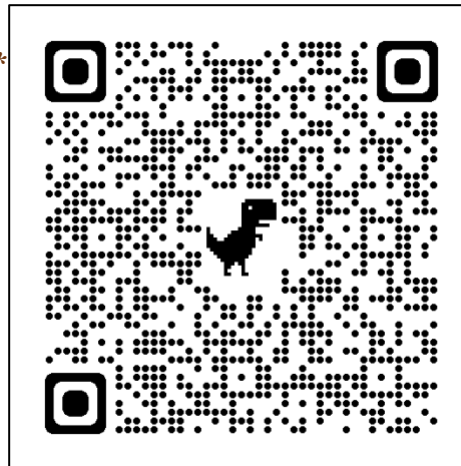
10:45 am – 12:00 pm Guided Meditation*

12.00 pm – 1:00 pm Lunch

1.30 pm – 3.30 pm Q&A Session

3.45 pm – 5.00 pm Guided Meditation*

Click here or
Scan QR to Register



Contact :

Bharti/Anita 501-343-8715/773-315-8569 Email : little-rock-ar@kriya.org

Program Locations :

Friday : Universal Unitarian church, 1818 Reservoir Road, Little Rock, AR, 72227

Sat & Sun : 193 Pebble Beach Dr, Little Rock AR 72212

*Kriya Yoga Initiation/Technique/Meditation may be attended only by Initiates in the lineage of Paramahansa Hariharananda - Paramahansa Prajnanananda. Participation in all sessions is required for the new initiates.