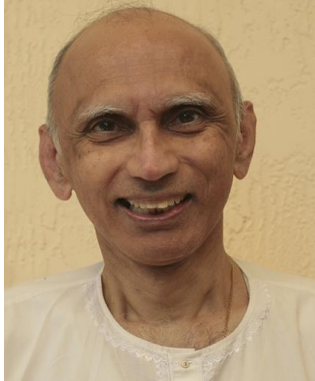


THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Memphis, TN
May 10-12, 2024



with
Yogacharya Bhadrayu Pandya

Kriya Yoga is the universal spiritual discipline that crosses all boundaries to cultivate body, mind, and awareness of the soul. This May, we are offering the unique opportunity to learn more about, as well as experience, this sacred practice.

Friday, May 10, 2024

07:00pm – 8:30pm – Public Lecture (Open to all)

Topic: **Kriya Yoga – The Ancient Science of Meditation**

Saturday, May 11, 2024

08:30am – 12:30pm Initiation for new aspirants

12:30pm – 02:30 pm Vegetarian Potluck Lunch / Book sales / Rest

02:30pm – 06:00 pm Technique teachings & Guided Meditation

Sunday, May 12, 2024

09:00am – 12:30 pm Technique Review and Guided Meditation

12:30pm – 02:00 pm Vegetarian Potluck Lunch / Book sales / Rest

02:00pm – 04:30 pm Q&A and Guided meditation

Location

Collierville Banquet Hall, 360 New Byhalia, Collierville, TN, 38017

Contact

(901) 786-4425 / (901) 626-3667 / memphis-tn@kriya.org

Registration

<https://kriya.org/event-details/7042/en>

Initiation offerings and other details will be communicated over the email upon registration.

Saturday & Sunday event is open to those getting initiated on Saturday 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 Shriyuktishwarji 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

