

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



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THE ANCIENT TEACHINGS OF KRIYA YOGA

Monroe, CT
Aug 16-18, 2024



Swami Vairagyananda Giri

PUBLIC TALK (Free & Open to All)

Friday, August 16, 2024 07:00 am – 8:30 pm

“Kriya Yoga - An Ancient Science of Breath and Meditation”

Hindu Cultural Center of CT – Yoga Room, 96 Chapel St, Stratford, CT 06614

INITIATION SESSION

*Monroe, CT 06468

Saturday, August 17, 2024

08:30 am – 09:00 am Registration for Initiation
09:00 am – 12:00 pm Kriya Initiation
12:00 pm – 02:30 pm Lunch Break (simple vegetarian lunch provided)
02:30 pm – 06:00 pm Techniques Class & Guided Meditation

Sunday, August 18, 2024

08:45 am – 12:00 pm Techniques Review & Guided Meditation
12:00 pm – 02:00 pm Lunch Break (simple vegetarian lunch provided)
02:00 pm – 04:30 pm Q & A followed by Guided Meditation

Please Register Online (Scan QR Code and Visit the following URL):
<https://www.kriya.org/online-registration/6976/en>



*Once your registration is confirmed, we email you the details such as the location, the initiation offerings to bring, dress code, and some links to read about Kriya Yoga.

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