

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 Shriyukteshwarji 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



Fall Retreat and Foundation Day Seminar

Karma of Everyday Life

**Friday, September 16 through
 Thursday, September 22, 2016**



with

**Swami Atmavidyananda,
 Yogacharya John Thomas Lopategui
 & Yogacharya Bhadrayu Pandya**



We invite you to join us in a seven-day Fall Retreat at the ashram that Gurudev Hariharananda lovingly created for his devotees in Homestead, Florida. The theme of the retreat will be about the karma of everyday life. Apart from guided meditations and classes, this retreat includes a special puja, garden tour and celebration on the Foundation Day, September 22. Come, deepen your practice, and fill your heart with divine love.

Tentative Schedule

**Friday, September 16 to
 Wednesday, September 21**

5:30 Meditation
 7:30 Breakfast & Cleanup Seva
 8:30 Registration & Book Sales
 9:30 Class
 10:45 Meditation – 1st & 2nd Kriya
 12:15 pm Lunch & Cleanup Seva
 1:00 Rest, Self-Study, Seva
 4:00 Q & A / Special Program
 5:30 Class
 7:00 Meditation
 8:15 Dinner & Cleanup Seva
 9:00 Chants / Prayers

**Foundation Day
 Thursday, September 22**

5:30 Meditation
 7:30 Breakfast & Cleanup Seva
 8:30 Foundation Day Puja
 10:45 Meditation
 12:15 pm Lunch & Cleanup Seva
 1:00 Rest, Self-Study, Seva
 4:00 Garden Tour
 4:30 Birthday Celebration
 6:30 Meditation
 8:15 Dinner & Cleanup Seva
 9:00 Chants / Prayers

This seminar program is not open to the public. Participants must already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.