

#### 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, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**Houston, Texas Sept 30 - Oct 2, 2016**



*with*  
**Yogacharya Durga Chunduri**

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#### Friday, September 30

7:00 – 9:00 pm Public lecture open to all

#### Saturday, October 1

9:00 – 12 noon First Kriya Initiation  
12:00 – 2:00 pm Lunch Break  
2:00 – 5:00 pm Technique Instruction, Spiritual Discourse & Guided Meditation

#### Sunday, October 2

9:00 – 10:30 am Technique Review  
10:30 – 11:30 am Guided Meditation  
11:30 – 1:30 pm Lunch Break  
1:30 – 3:30 pm Q&A and Spiritual Discourse  
3:30 – 5:00 pm Guided Meditation & Closing

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#### Location

Self-Expression Center  
11221 Richmond Ave., Suite C-104, Houston, TX

#### Contact

Please RSVP at [info@Houston.Kriya.org](mailto:info@Houston.Kriya.org) if you plan to attend

Note: Meditations and Technique classes may be attended only by initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.

## **Additional Information for Kriya Yoga Initiations and Meditations**

### **Please bring on the initiation day (for new initiates only):**

- A non-refundable one time donation depending on your means and capacity. A minimum donation of \$150 in cash or in check is required. Please make checks payable to the Kriya Yoga Institute. Note: There are no additional charges for group meditations after the initiation program.
- Five (5) fruits of your choice
- Five (5) flowers of your choice, **plus** one rose flower
- Pillows and/or mats to sit for meditation
- Pencil and paper (or notebook) to write down meditation steps

### **General Information:**

- Wear loose clothing – no shorts please
- Be prepared to remove contact lenses
- Be prepared to stay the entire time specified for initiation or guided meditation
- Please plan to attend the **Friday through Sunday** sessions. You may skip the Friday session only if you have previously attended a Kriya Yoga information session