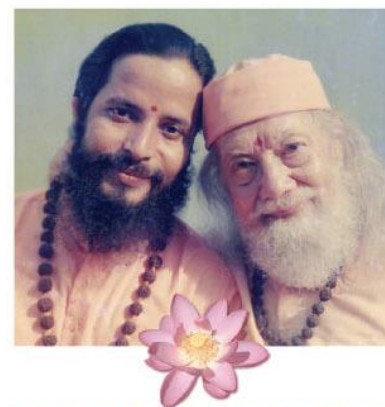




### WHAT IS KRIYA YOGA

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.

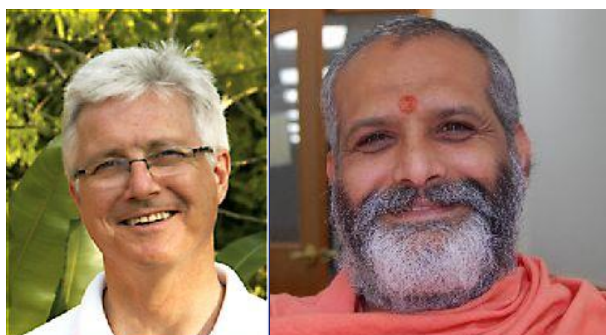
### LINEAGE OF MASTERS



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# KNOW YOUR MIND THROUGH MEDITATION

## THE ANCIENT & SCIENTIFIC TEACHINGS OF KRIYA YOGA Madison, WI Sept 9 – Sept 11, 2016



**Yogacharya Richard Peterson**  
**Swami Prabudhananda**

**Friday, Sept 9**  
6:30 - 8 pm Free public lecture (Open to all)

**Topic:** Know Your Mind through Meditation  
**Location:** Sikh Temple, 6970 Century Ave, Middleton, WI 53562

**Saturday, Sept 10**  
9:00 am – 12:00 pm Initiation  
12:00 pm – 2:00 pm Vegetarian Lunch  
2:00 pm – 4:00 pm Meditation technique teaching  
4:00 pm – 5:00 pm Guided Meditation

**Sunday, Sept 11**  
9:30 am – 12:00 pm Meditation technique Review  
12:00 pm – 1:30 pm Vegetarian Lunch  
1:45 pm – 2:30 pm Q & A  
2:45 pm – 3:45 pm Discourse on Meditation  
4:00 pm – 5:00 pm Guided Meditation and Closing

**Location for Saturday and Sunday**  
7821 Twinflower Dr, Madison WI 53719

**Contact**  
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nandinirajaram@hotmail.com