



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 *yu*, 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 PRAJNANANANDA (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



Mahasamadhi Seminar

24757 SW 167th Ave, Homestead, FL 33031

December 2 – 4, 2016



with

Swami Atmavidyananda Giri
Yogacharya John Thomas Lopategui and
Yogacharya Elizabeth Tackenberg

On December 3, 2002 our beloved Gurudev left his mortal body; although 14 years has passed since that time, his memory and presence remain. Paramahamsaji said, “I’m always with you, you can never erase my love.” He once told Guruji that after leaving his physical body, he would be able to help us even more. His life of love and compassion will be our guide as we contemplate and explore the depths of his teachings. We welcome you to join us for this 3-day Mahasamadhi Seminar as we honor the memory of Gurudev.

Tentative Schedule

Friday, December 2
Sunday, December 4

05:30am Meditation
 07:30am Breakfast & Clean-up Seva
 09:30am Class
 10:45am Meditation – 1st & 2nd Kriya
 12:15pm Lunch & Clean-up Seva
 01:00pm Rest / Private Study / Seva
 04:00pm Q&A/Video
 05:00pm Class
 06:30pm Meditation
 08:15pm Dinner and Clean-up Seva

Mahasamadhi Day Anniversary
Saturday, December 3rd

05:30am Meditation
 07:30am Breakfast & Clean-up Seva
 08:30am Special Mahasamadhi Day Puja
 11:00am Meditation
 12:15pm Lunch & Clean-up Seva
 01:00pm Rest / Private Study / Seva
 04:00pm Meditation in Gurudev’s Room
 05:30pm Memories of Gurudev
 06:30pm Special Meditation
 08:15pm Dinner and Clean-up Seva

To Register, please visit: [Link to Registration Form](#)

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