

#### 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.

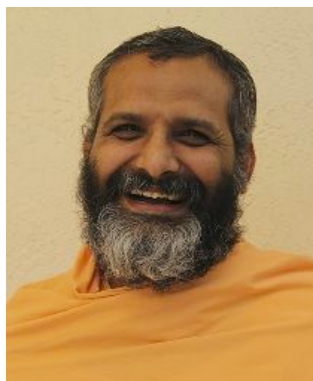
**PARAMAHAMSA PRAJÑANANANDA**  
(photo on the left)

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



## THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA Cleveland, Ohio Oct 14-16, 2016



with **Yogacharya Durga Chunduri**  
and **Swami Prabuddhananda**

#### Friday, October 14th

7 pm – 8:30 pm Public Lecture – Kriya Yoga, Practical  
Spirituality & Meditation  
Location: Essential Zen Yoga Studio  
330 East Garfield Road  
Aurora, OH 44202

#### Saturday, October 15th

8:30 – 12:30 pm Kriya Initiation  
3 – 5 pm Technique Teaching  
5:30 – 6:30 pm Kriya Meditation

#### Sunday, October 16th

8:30 – 10:30 am Technique Review  
10:45 – 11:45 am Meditation  
12 – 12:30 pm Discourse  
2 – 2:45 pm Questions & Answers  
3 – 4 pm Kriya Meditation



#### location for Saturday and Sunday

Express Inn (Art of Living Center)  
4511 Northfield Road Warrensville Hts, OH 44128

#### registration

Navya Gundapaneni [navyagundapaneni@gmail.com](mailto:navyagundapaneni@gmail.com), 440.572.2084  
Brian Paquette [tiskismet@gmail.com](mailto:tiskismet@gmail.com), 440.715.0960  
Amit Kanodia 330.329.1275

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