



The Ancient, Scientific Teachings of Kriya Yoga

Initiation Program and Weekend Workshop
November 11-13

With Yogacharya David Strassner & Brahmachari Dhyanananda



Saturday Schedule

7:00 - 8:00 am — Guided Meditation (for those previously initiated)
8:15 am — Registration
8:45 am - 12:45 pm — Kriya Yoga Initiation
12:45 - 3:15 pm — Potluck vegetarian lunch
3:15 - 5:15 pm — Kriya Yoga Technique Class
5:30 - 6:30pm — Guided Kriya Yoga Meditation
7:00 pm — APX. Complete

Sunday Schedule

8:00 - 9:30 am — Guided Kriya Yoga Meditation (1st & 2nd Kriya)
9:45 - 10:45 am — Q & A on Kriya Yoga Techniques
11:00 am - 12:00 pm — Guided Kriya Yoga Meditation
12:00 - 3:00 pm — Potluck Vegetarian Lunch
3:00 - 4:00 pm — Discourse
4:15 - 5:15pm — Guided Kriya Yoga Meditation & Close



Saturday and Sunday Event

3330 E. Kachina Dr., Phoenix (Ahwatukee), AZ 85044
Pre-registration is recommended, for more information:

info@phoenix.kriya.org
480-893-7612

Saturday & Sunday activities are for new and current initiates
in the lineage of Parmahamsa Hariharananda
and Paramahamsa Prajnanananda



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 Paramahamsa 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



Friday, November 11

Free Public Lecture



Kriya Yoga,
The Ancient Science
of Meditation

Open to all

7:00 - 9:00 pm

3313 East Kachina Dr.
Phoenix, AZ 85044

Donations Welcome