

# The Ancient, Scientific Teachings of **KRIYA YOGA**

St. Louis, MO **April 21- 23, 2017**



with

**Swami Purnatmananda Giri  
And Yogacharya John Williams**

## **Free Public Lecture**

Topic: **The Breathing Project**

Date/Time: **Friday, April 21<sup>st</sup>** (7 PM - 8 PM)

Location: **The Hindu Temple of St. Louis**  
725 Weidman Road, St. Louis, MO - 63011

## **KRIYA YOGA INITIATION & GUIDED MEDITATION**

### **April 22<sup>nd</sup> (Saturday)\***

9:00 am - 12:00 pm First Kriya Initiation  
12:00 pm - 2:30 pm Lunch Break  
2:30 pm - 6.30 pm Technique Teaching, Spiritual Discourse and  
Guided Meditation

### **April 23<sup>rd</sup> (Sunday)\***

10.00 am - 11.00 am Technique review, Q&A  
11.00 am - 12.00 pm Guided Meditation  
12:00 pm - 2:30 pm Lunch Break  
2:30 pm - 5:30 pm Technique review, Meditation & Closing

### **Contacts**

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\*Meditation & technique classes are open only to initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda and their authorized teachers of the Kriya Yoga Institute.



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 Shriyuktेशwarji 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**

