

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



THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Charlotte, NC March 10-12, 2017



with

Yogacharya John Thomas Lopategui and

Swami Chirupananda Giri

Friday, March 10

7:15 pm

Public Lecture, Free and open to all
“An Evening in Memory of Yogananda”

Lecture followed by Q&A and dinner

Saturday, March 11

9 am – noon

Initiations into Kriya Yoga

noon - 1 pm

Lunch (provided)

4:00 – 6:00 pm

Overview of Techniques, Q&A

6:00 – 7:30 pm

Guided Meditation

8:00 – 9:00 pm

Dinner

Sunday, March 12

8:00 – 9:30 am

Intensive Meditation

9:30 – 11:15 am

Technique Review and Q&A

11:15 – 12:00 pm

Guided Meditation

12:00 – 1:30 pm

Lunch (provided)

3:00 – 4:45 pm

Spiritual Discourse

5:00 - 6:00 pm

Guided Meditation & Close

Location

Charlotte Kriya Yoga Center, 1110 Delacourt Lane, Matthews, NC 28104

Contact

Adesh Gupta at 704-814-7476 or info@charlotte.kriya.org to register for initiation or other inquiries.

The Sat/Sun program is not open to public. It is for participants who are getting initiated, or already initiated in the lineage of Paramahansa Hariharananda and Paramahansa Prajnānananda.