

### 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 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

## Houston, TX Initiation Oct 27 - 29, 2017



Yogacharya  
David Strassner



Swami  
Adhyatmananda Giri

### Friday Oct 27

7:00 – 9:00 pm Public lecture open to all

### Saturday Oct 28

09:00 – 12:00 First Kriya Initiation Ceremony  
12:00 – 2:00 pm Lunch Break  
2:00 – 5:00 pm Technique Instruction, Spiritual Discourse & Guided Meditation

### Sunday Oct 29

9:00 – 10:30 am Technique Review  
10:30 – 11:30 am Guided Meditation  
11:30 – 1:30 pm Lunch Break  
1:30 – 3:30 pm Q&A and Spiritual Discourse  
3:30 – 5:00 pm Guided Meditation & Closing

### Location

Self-Expression Center  
11221 Richmond Ave, C#104, Houston, TX

### Contact

Please RSVP Sri at Info@Houston.Kriya.Org if you plan to attend

Note: Meditations and Technique classes may be attended only by initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda