

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Charlotte, NC April 20, 2017



with

Swami Atmavidyananda Giri and

Swami Chirupananda Giri

Thursday, April 20th

7:00 – 08:30 am	Guided Meditation
9.00 – 11.00 am	Break
11:00 –12.00 pm	Guided Meditation
12.00 –1.30 pm	Lunch
1.30 – 4.00 pm	Break
4.00 – 05.15 pm	Guided Meditation
5.30 - 07:00 pm	Guru Paduka Puja (Open to all)
7.15 - 08.30 pm	Satsang (Bhajans/Talk)
08.30 pm	Dinner

Location

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

Contact

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

The meditation sessions are open to only those who are initiated in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.

Note: there will be no initiation during this 1-day program.

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

