

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Raleigh, NC April 21-23, 2017



Swami Atmavidyanada Giri



Swami Chidrupananda

Friday, April 21

6:30 – 8:00 pm

Public Lecture, **Free and Open to all**
“Kriya Yoga, Ancient Technique for Self Realization”

Venue: **Charleston Village Clubhouse**
1900 Castleburg Drive,
Apex, NC 27523

Saturday, April 22

9 am – noon

Initiations into Kriya Yoga

Noon - 1 pm

Lunch (provided)

4:00 – 5:00 pm

Overview of Techniques, Q&A

5:00 – 6:30 pm

Guided Meditation

Sunday, April 23

8:00 – 9:30 am

Intensive Meditation

9:45 – 10:30 am

Q&A

10:45 am - noon

Guided Meditation

Noon – 1:00 pm

Lunch (provided)

2:00 – 4:00 pm

Spiritual Discourse & Guided Meditation

4:15 pm

Close

Saturday & Sunday Location

117 Juliet Circle, Cary NC 27513

Contact

Venkat Pedibhotla at 336-686-2505/ Venkat.pedibhotla@gmail.com
Rama Tharacad at 919-303-3301/ ana_rama@yahoo.com to register for
initiation or other inquiries.

Saturday & Sunday program is not open to the general public. It will be
limited to only new initiates and to those initiated into Kriya Yoga in the lineage of
Paramahansa Hariharananda and Paramahansa 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 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

