

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



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THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Rochester, NY - May 19 – 21 / 2017

Public Lecture by

Yogacharyas John Williams & David Strassner



Friday May 19, 2017

**7:00-9:00pm Public Lecture
Free & open to all**

**Inner Sage Healing Arts Center
1 Grove St #103, Pittsford, NY 14534**

**Lecture followed by Q&A regarding
weekend Initiation into Kriya Yoga**

**Saturday May 20th 9-4:30 Initiation & learn Kriya techniques
Sunday May 21st Practice Kriya yoga & Spritual Discourse**

Please email or call one of the contacts for more details

Contacts

**Diane Musial at 585-721-3043
Karthi Sugunan at 585-224-6230**

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The Sat/Sun is open to those who would like to take initiation or have already been initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda & Paramahansa Prajñanananda

