

#### 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.



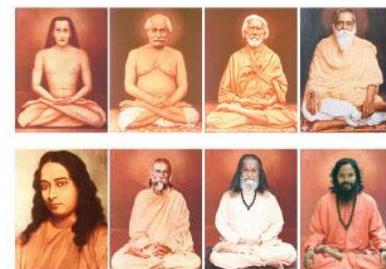
PARAMAHAMSA HARIHARANANDA  
(1907-2002) - (photo on the right)

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



KY1108000103(1008)ROCNY

# Las Enseñanzas Antiguas, Científicas del Kriya Yoga Tulum, Mexico Julio 21 - 23, 2017



con  
**Swami Atmavidyananda Giri**

Lectura Publica Gratis - **Viernes Julio 21** 7:00 – 8:30 PM  
*La ciencia antigua de meditación*

Dirección: Residencial Holistika  
Calle 10 Sur, Lote 2, MZA 902  
Tulum MX

### Horario para la Programa de Iniciación

<b>Sabado</b> – Julio 22	8:30 – 9:00 am	Registro
	9:00 – 12:00 pm	Iniciación
	12:00 – 2:30 pm	Almuerzo
	2:30 – 5:30 pm	Apprender Tecnica de Meditacion.
<b>Domingo</b> – Julio 23	9:00 – 12:00 pm	Revisión y práctica de las técnicas
	12:00 – 2:00 pm	Almuerzo
	2:00 – 4:00 pm	Preguntas y Respuestas

### Ubicación

Detalles que se deben dar en la lectura publica

### Registración

Para más información contacto: Vera Radivojevich  
Correo de Electrónico es [plato7747@aol.com](mailto:plato7747@aol.com)  
Teléfono es (608) 335-0041 (USA).  
o Dan es (984) 807-4529 (Mexico)

Este programa de fin de semana no está abierto al público. Los participantes ya deben ser iniciados en Kriya Yoga, o tomar iniciación en el linaje de Paramahansa Hariharananda y Paramahansa Prajnanananda.