

TEACHINGS OF KRIYA YOGA

Cleveland, OH Weekend Intensive

June 17-18, 2017



with Swami Vairagyananda Giri

The program is designed for Kriyavans to deepen their practice with meditation, discourse and Q&A sessions.

Saturday, June 17th

9am	Kriya Meditation (Kriyavans only)
10:45am	Discourse – ‘Life & Teaching of Yoganandaji’
11:45am	General Meditation
12:30pm	Lunch
2pm	Video on Yogasutra
3:15pm	Discourse – ‘Life & Teaching of Yoganandaji’
4:15pm	Kriya Meditation (Kriyavans only)

Sunday, June 18th

9am	Kriya Meditation (Kriyavans only)
10:45am	Discourse – ‘Life & Teaching of Yoganandaji’
11:45am	General Meditation
12:30pm	Lunch
1:30pm	Q&A
2:30pm	Kriya Meditation (Kriyavans only)

Location: Express Inn, 4511 Northfield Road, Warrensville Hts, OH 44128

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Fees: Saturday \$20, Sunday \$20 (suggested donation)

Note: Meditation classes may be attended only by initiates 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

