

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Pittsburgh, PA July 14 - 16



with

**Yogacharya Bhadrayu Pandya
& Swami Sahajananda Giri**

Friday, July 14
7:00 - 9 pm Free Public Lecture

Location: Indian Community Center
205 Mary Street
Carnegie, Pa. 15106

Saturday July 15, 2017

9 am – 1:00 pm Kriya Initiation for new aspirants
(Please arrive on time for registration)

1:00 – 2:30 pm Lunch Break – (lunch will be provided)

2:30 – 5:00 pm Teaching of the Techniques
& Guided Meditation

Sunday July 16, 2017

9 am – 1:00 pm Technique Review & Guided Meditation

1:00 – 2:30 pm Lunch Break – (lunch will be provided)

2:30 – 4:00 pm Q & A, Teachings and Guided Meditation

***Please note: The location for Saturday and Sunday's event will be announced at the public program Friday, July 14th. If you are unable to attend, please call or email for further information.**

David Manipoli 724-407-8898, or email info@pittsburgh.kriya.org

*** For information on Kriya Yoga initiation you can also visit: www.kriya.org ***

To pre-register for the Public Talk and receive further information
follow this link: goo.gl/aSdAsU

This weekend program is not open to the public. Participants must be 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 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

