



#### 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 yo, the indwelling soul. It is a universal spiritual discipline that crosses all divisions and boundaries.

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**Ellicott City, Maryland**

**October 6-8, 2017**



**Yogacharya Suresh Kodollikar**



**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 Shriyuktishwarji 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



## Friday, October 6

7:30 - 9:00 pm **Free Public Lecture** - Open to All

**"Kriya Yoga: The Ancient Science of Meditation"**

Location Historic Oakland Manor

Address: 5430 Vantage Point Road, Columbia, MD 21044

Directions: <http://www.historic-oakland.com/directions>

Phone: 410-730-4801

**Weekend Initiation Program** - (open to new & current initiates)

## Saturday, October 7

8:30 am - 12:30 **INITIATION** ceremony

12:30 pm Lunch Provided (vegetarian) - Bookstore Browsing

2:00 - 5:00 Meditation Technique Class - Q&A - Break

5:30 - 6:30 Guided Meditation

6:45 - 7:45 Dinner Provided (vegetarian)

## Sunday, October 8

8:30 -10:00 am Kriya Meditation (for all new and current initiates)

10:15 -11:30 Meditation Technique Review and Q&A

11:45 - 1:00 Special Puja Ceremony – Paramahansa Yoganandaji's Padukas

1:15 pm Lunch Provided (vegetarian) - Bookstore Browsing

2:30 - 5:00 pm Discourse, Q&A, Guided Meditation

5:00 pm Closing Remarks

## Location (Saturday and Sunday)

3925 Gray Rock Drive, Ellicott City, MD 21042

## Contact

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\*Saturday & Sunday activities are for new and current initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.