

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



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THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Orlando, Florida Jan 19-21, 2018



With

**Swami Atmavidyananda Giri &
Swami Chidrupananda Giri**

Friday, Jan 19th, 2018 – 7:30pm -8:45 pm

Free Public Lecture

“Science of Kriya Yoga – Inner Peace and Happiness”

Location – Christ Church Unity

771, Holden Avenue, Orlando, FL 32839 Ph: 407-852-3940

Saturday – Jan 20th 2018

8:45 am – 9 am Registration for Initiation

9 am – 12 pm Kriya Yoga Initiation

12 pm – 2 pm Lunch Break (lunch will be provided)

2 pm – 5 pm Techniques Class, Q & A, Meditation

Sunday – Jan 21th 2018

9 am – 12 pm Meditation, Techniques Review, Discourse

12 pm – 2 pm Lunch Break (lunch will be provided)

2 pm – 5 pm Spiritual Discourse, Q & A, Meditation

Location

14664, Pylon Ct, Winter Garden, FL 34787

For further information and pre-registration, please contact:

Ana Correa (407)375-8621, Gladys – (407)879-7066

Jyothi Velaga (407) 347-9204(H) (407) 451-4201(C) (jvelaga@gmail.com)

Srinivasan Muthiah (510) 676-5654 (srini.muthiah@gmail.com)

This weekend program is not open to the public. Participants must taking initiation or already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.