

The Ancient, Scientific Teachings of KRIYA YOGA Atlanta, GA March 16th -18th, 2018



with

**Yogacharya David Strassner
and
Brahmachari Dhyanananda**

LOCATION

**North American Shirdi Sai Temple
700 James Burgess Rd, Suwanee, GA 30024**



*****Registration required to attend the workshop*****

REGISTRATION CONTACT

Vimala: (404) 432-5505

Email: info@atlantakriya.org

www.atlantakriya.org
www.kriya.org



SCHEDULE

Friday, March - 16th

Free Public Lecture – open to all
Scientific Teachings of Kriya Yoga
Vegetarian Dinner

7:00 - 8:00 PM
8:00-8:30 PM

Saturday, March – 17th

Initiation for New Aspirants
Vegetarian Lunch
Technique Class / Guided Meditation

8:30 - 12:30 PM
12:30 - 2:00 PM
2:00 - 5:30 PM

Sunday, March – 18th

Technique Review / Meditation
Vegetarian Lunch
Q & A session and Guided Meditation

8:30 - 12:00 PM
12:00 - 2:00 PM
2:00 - 4:30 PM



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 Shriyukteshwarji 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

