

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 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

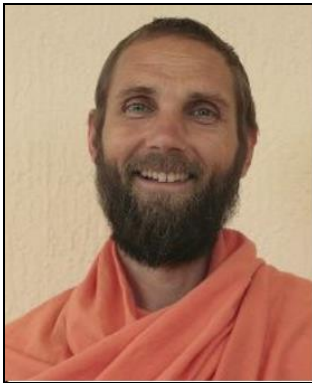


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THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Rochester, NY
Public Lecture by

Swami Chidrupananda & Yogacharya David Strassner



Friday April 20, 2018

7:00 pm Public Lecture followed by Q & A
Free & open to all

Hindu Temple of Rochester
120 Pinnacle Road
Pittsford NY 14534



Saturday	9 am – 1 pm	Initiation into Kriya
	1 pm – 3 pm	Potluck Lunch
	3 pm – 6 pm	Teaching of the Kriya Techniques/ Guided Meditation
Sunday	9 am – 1 pm	Guided Meditation (1st & 2nd Kriya)/Technique Review & Benefits
	1 pm – 3 pm	Potluck Lunch
	3 pm – 6 pm	Kriya in Everyday Life

For those who are interested in Initiation into Kriya yoga time and location for the weekend will be provided at the program or call the # below for more details

Contacts

Karthi Sugunan at 585-224-6230

Sucheta Tandon at 585-223-3167

rochester.kriya@gmail.com

The Sat/Sun program is not open to public. Participants need to be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda