

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**Boston, MA May 18-20 2018**



*with*  
**Yogacharya David Strassner**

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## Friday, May 18

7:00 – 9:00 pm Free, public talk



**Circles of Wisdom**  
Bright Ideas for Better Living

90 Main Street, Andover, MA 01810  
(978) 474-8010

## Saturday, May 19

8:45 – 12:00pm 1<sup>st</sup> Kriya Initiation  
12:30 - 1:30pm Lunch  
2:30 – 4:30 Teaching of the Kriya Techniques  
4:45 – 5:45 pm 1<sup>st</sup> Kriya Meditation  
6:30 – 8 pm Dinner

## Sunday, May 20

9:00 – 10:00pm 1<sup>st</sup> Kriya Meditation  
10:15 - 11:30pm Review and Benefits of the Kriya Techniques  
12:00 – 1:00 Lunch  
1:30 – 2:45 pm Kriya Yoga in Daily Life  
3:00– 4:00 pm 1<sup>st</sup> Kriya Meditation

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### Location for Initiation

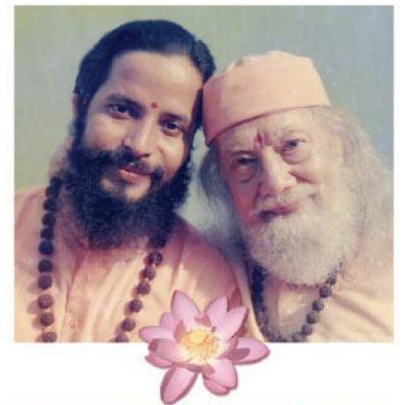
Private home (details upon registration)

### Questions or Registration

Please contact Ryan at 978-704-1008 or kriyayogaboston@gmail.com

### 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

