

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



THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA Cleveland, Ohio April 6-8, 2018



with **Yogacharya Srinidhi Baba**
and **Swami Sahajananda Giri**

Friday, April 6th

7 pm – 8:30 pm Public Lecture – Art of Living

Saturday, April 7th

9 am – 12:30 pm Kriya Initiation
2:30 – 4:30 pm Technique Teaching
5:00 – 6 pm Kriya Meditation

Sunday, April 8th

9 – 10:30 am Technique Review
10:45 – 11:45 am Meditation
12 – 12:30 pm Discourse
2 – 2:45 pm Questions & Answers
3 – 4 pm Kriya Meditation

location

Express Inn (Art of Living Center)
4511 Northfield Road Warrensville Hts, OH 44128

registration

Navya Gundapaneni navyagundapaneni@gmail.com, 440.572.2084
Brian Paquette tiskismet@gmail.com, 440.715.0960
Amit Kanodia 330.329.1275

Note: Meditations and technique classes may be attended only by initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.