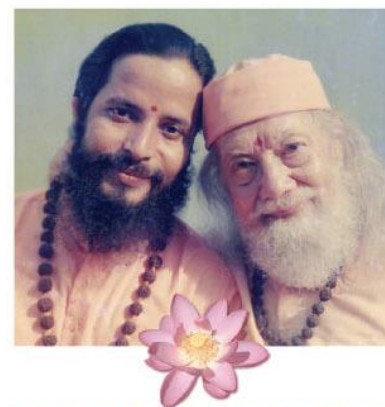


### WHAT IS KRIYA YOGA

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 Shriyuktेशwarji 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



KY1108000103(1008)ROCNV

## THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

### OVERLAND PARK, KS JUNE 8-10, 2018



with

**Yogacharya Srinidhi Hassan & Brahmachari Tapananda**

### Free Public Lecture (Open to all)

### “Kriya Yoga: The Ancient and Royal Path of Meditation”

### Friday, June 8, 2018, 7:00pm to 8:30pm

Tomahawk Ridge Community Center (Conference Hall)  
11902 LOWELL AVE, OVERLAND PARK, KS 66213

### Kriya Yoga Initiation and Guided Meditation

5612 152nd PL, OVERLAND PARK, KS 66223

**Saturday, June 09, 2018**

08:30 am - 12:00 pm Registration and Kriya Yoga Initiation  
12:15 pm - 01:15 pm Potluck Lunch  
02:00 pm - 04:00 pm Meditation Technique Class  
04:15 pm - 05:15 pm Guided Meditation

**Sunday, June 10, 2018**

09:00 am - 10:30 am Technique Review and Q&A  
10:45 am - 12:00 pm Meditation  
12:15 pm - 02:00 pm Lunch break  
02:00 pm - 03:00 pm Discourse and Q&A  
03:15 pm - 04:15 pm Guided Meditation

### Contacts

Venkatesh Ambale 913-952-0543; 913-744-5314

Patricia Moore 816-524-6694

[info@kansascity.kriya.org](mailto:info@kansascity.kriya.org)

This weekend program is limited to participants coming for initiation or those already initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnānanda.