

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



FIND PEACE, LOVE, AND JOY THROUGH THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Free Public Lecture – All Are Welcome

Friday June 8, 2018 7:30 – 9:30pm

Location: Shine Yoga, 3330 Erie Ave. #15, Hyde Park, 45208
(parking in rear of building and on street)



with

**Swami Atmavidyananda Giri
and Yogacharya Bhadraru Pandya**



Weekend Program Schedule for June 9-10

For those interested in Kriya Yoga Initiation

**Reserve all weekend June 9-10, for initiation. For further details:
attend the June 8 public lecture, contact us, or go to kriya.org.**

Saturday, June 9

8:30 am – noon Initiation into Kriya Yoga
12:15 – 1:15 pm Lunch will be provided
3:00 – 5:00 pm Techniques Teaching*
5:15 – 6:15 pm Guided Meditation*

Sunday, June 10

8:30 – 10:30 am Techniques Review*
10:45 – 11:45 am Guided Meditation*
12:00 – 1:00 pm Lunch will be provided
1:15 – 3:15 pm Spiritual Discourse, Q & A – Open to all
3:30 – 4:30 pm Guided Meditation*

Program Location Saturday & Sunday: Cincinnati Kriya Yoga Center,
9865 Winnebago Tr., Evendale OH 45241

Contact/Registration: Judy (513) 403-0176 or Chanchal (513) 777-9736
info@cincinnati.kriya.org

New initiates are encouraged to attend 3 meditation sessions.

* Meditation and technique classes may be attended only by initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.