

# TEACHINGS OF KRIYA YOGA

## Cleveland, OH Weekend Intensive

### June 16 - 17, 2018



with **Swami Vairagyananda Giri**

The program is designed for Kriyavans to deepen their practice with meditation, discourse and Q&A sessions.

#### Saturday, June 16<sup>th</sup>

Location: 3270 Akins Road  
North Royalton, OH 44133  
Pl note "gravel driveway by two silver mailboxes"  
4pm Discourse and Q&A – 'Yogasutra in Practice'  
6pm Kriya Meditation (Kriyavans only)

#### Sunday, June 17<sup>th</sup>

9:30am Kriya Meditation (Kriyavans only)  
11am Discourse – 'Yogasutra in Practice'  
12pm Lunch  
2pm Q&A  
3:30pm Kriya Meditation (Kriyavans only)

**Location:** Express Inn, 4511 Northfield Road, Warrensville Hts, OH 44128  
(Sunday only)

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**Fees:** Saturday \$10, Sunday \$20 (suggested donation)

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

#### 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 Shriyuktेश्वarji 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

