



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.

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

St. Joseph, MI Aug 24 - 26, 2018



With

**Yogacharya Durga Chunduri
Swami Prabuddhananda**

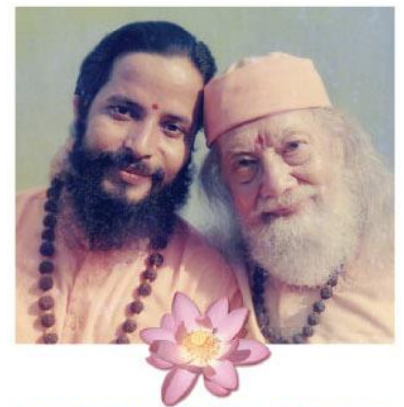
August 24 (Friday)

Free Public Lecture (Open to all)

Topic: "Knowing the Mind"

Date/Time: Friday, August 24 (7:00 - 8:30 pm)

Location: Lotus Tai Chi, 2628 West John Beers Road,
Stevensville, MI 49127



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.

KRIYA YOGA INITIATION & MEDITATION

Aug 25 (Saturday)

9:00 am - 12 pm	Registration & Kriya Initiation
2:30 - 4:15 pm	Technique Class
4:30 - 5:30 pm	Guided Kriya Meditation

Aug 26 (Sunday)

9:00 - 10:00 am	Guided Kriya Meditation
10:15 - 11:30 am	Technique Review, Q&A
11:45 - 12:30 pm	Guided Kriya Meditation
02:30 - 05:00 pm	Q&A, Meditation

Location 1623 Grandeur Lane, St. Joseph, MI 49085
(Saturday, Sunday)

Contact: Dr. Sri Dhatree
Phone: (269) 428-2785
Email: dhatree@yahoo.com

LINEAGE OF MASTERS

