

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

## Kriya Intensive - no initiation Essential Qualities for Spiritual Progress, Boston, MA October 19-21 2018



with

**Swami Chidrupananda Giri &  
Swami Prabuddhananda Giri**

### Friday, October 19th:

6:00 – 7:00PM Talk (1)  
7:00 – 8:15PM 1st kriya Guided Meditation.  
8:30 PM Dinner

### Saturday, October 20th:

6 – 7:30 AM 2nd Kriya Meditation  
7:30 – 8:15AM Break Fast  
8:30 - 10:00AM 1st Kriya Meditation.  
10:30 – 11:30AM Talk (2) + Q&A  
11:30 – 12:30PM 1st Kriya Meditation.  
12:30 – 2:30PM Lunch and Rest  
2:30 – 3:30PM Walk  
3:30 – 4:30PM Talk (3) + Q&A  
4:30 – 6:00PM 1st Kriya Meditation.  
6:30PM Dinner.

### Sunday, October 21st:

6 – 7:30 AM 2nd Kriya Meditation  
7:30 – 8:15AM Break Fast  
8:30 - 10:00AM 1st Kriya Meditation.  
10:30 – 12:30AM Talk + Q&A + Basic Meditation (Open to All)  
12:30 – 2:30PM Lunch and Rest (Open to all)  
2:30 – 3:30PM Walk (Open to all)  
3:30 – 4:30PM Talk (4) + Q&A  
4:30 – 6:00PM 1st Kriya Meditation.  
6:30PM Dinner.

### Location for Program

Ashland private residence, accommodations for vegetarian food throughout program. If you need a place to stay let us know.

### 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

