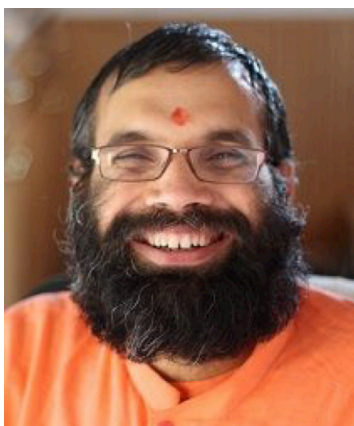


THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Charlotte, NC Sep 8-9, 2018



with

Swami Sahajananda Giri

Day-1- Saturday, Sep 8, 2018 (Venue: 1110 Delacourt Lane, Matthews, NC)

8-9.30am Meditation
9.30-10:00 Break
10:00-11:00am Q&A
11:00 - 12:00 Meditation
Lunch + Break
3:00 – 4pm Meditation

4- 4:45pm Light Refreshments
4:45 6:15pm **Public Lecture Open to public**
(Topic: Know your Mind)

Day-2 - Sunday, Sep 9, 2018, (Venue: 1110 Delacourt Lane, Matthews, NC)

8-9.30am Meditation
10-11:00 am Spiritual discourse (Topic: Yoga Sutra of Patanjali)
11am- 12:30pm Meditation
Lunch + Break
3 -5 pm Deep Meditation

Contacts: Adesh Gupta Cell: 704-743-6653 or info@charlotte.kriya.org

Note: Except public lecture, all other programs are only to those who are already initiated in the lineage of Paramahansa Hariharananda and Paramahansa Prajnananada. Also there are **no** initiations during this 2-day special intensive program.

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 Shriyuktishwarji 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

