

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Bellevue, WA – November 2-4, 2018



with **Yogacharya David Strassner**

**Free Public Talk (Open to all)**

**Friday, November 2, 2018 from 7-9 PM**

*"The Ancient, Scientific Teachings of Kriya Yoga"*

**Location:** North Bellevue Community Center  
4063 148<sup>th</sup> Avenue NE, Bellevue, WA 98007

## Kriya Yoga Initiation and Meditations

**Location:** 13565 NE 54<sup>th</sup> PL, Bellevue, WA 98005

### Saturday, November 3, 2018

9-9:30 AM	Registration
9:30 AM-12 PM	Kriya Initiation
12-1 PM	Lunch
3-5 PM	Technique Class
5:15 -6:15 PM	Guided Kriya Meditation

### Sunday, November 4, 2018

9-10:30 AM	Guided Meditation
10:30-12 PM	Technique review
12-2 PM	Lunch Break
2-4 PM	Spiritual Discourse and Q&A
4-5:30 PM	Guided Meditation & Closing

This segment is open to only those seekers who choose to be initiated on Nov 3 2018 or have already been initiated into the Kriya Lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda. For additional information on Kriya Yoga, or the event, please see "Contacts" information below.

### Contacts

425-615-4851 | [info@seattle.kriya.org](mailto:info@seattle.kriya.org) | [www.kriya.org](http://www.kriya.org)



## 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 yoga 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.



### Paramahansa 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 Shriyukteshwarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

### Paramahansa Prajnanananda

(photo on the left), his successor continues his mission teaching one lesson: the lesson of love. Through every action and breath, he urge 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

