

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

Fort Wayne, IN Oct 26 - 28, 2018



Yogacharya Durga
Chunduri

October 26 (Friday)

Free Public Lecture (Open to all)

Topic: “Understanding the Difficulties in Life”

Date/Time: Friday, October 26 (7:30 - 9 pm)

Location: Unity of Fort Wayne Spiritual Center,
3232 Crescent Avenue, Fort Wayne, IN 46805



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.

KRIYA YOGA INITIATION & MEDITATION Oct 27 (Saturday)

09:30 am – Noon	Registration & Initiation
02:30 pm – 04:30 pm	Technique Class
04:45 pm – 05:45 pm	Guided Kriya Meditation

Oct 28 (Sunday)

09:00 am – 10:00 am	Guided Kriya Meditation
10:00 am - 11:15 am	Technique Review, Q&A
11:30 am - 12:30 pm	Guided Kriya Meditation
03:00 pm – 05:00 pm	Q&A, Meditation

Location (Saturday, Sunday)

Fort Wayne Kriya Yoga Center, 12925 Columa Bay,
Fort Wayne, IN 46845

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LINEAGE OF MASTERS

