



#### 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 yo, the indwelling soul. It is a universal spiritual discipline that crosses all divisions and boundaries.

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**Ellicott City, Maryland**

**November 3 & 4, 2018**



**Yogacharya Suresh Kodoliar**

### *Kriya Yoga: The Ancient Science of Meditation* **Weekend Initiation Program**

#### **Saturday, Nov. 3, 2018** - open to new & current initiates

- 8:30 am - 12:30 INITIATION ceremony
- 12:30pm Lunch Provided (vegetarian) - Bookstore Browsing
- 1:45 – 4:15 Meditation Technique Class - Q&A
- 4:15 – 4:45 Break - Tea / Juice
- 4:15 – 5:45 Guided Meditation

#### **Sunday, Nov. 4, 2018**

- 8:30 - 10:00 am Guided Meditation - open to all initiates
- 10:15 –12:00 pm Class - Meditation Technique Review - Q&A
- 12:15 – 1:30 pm Guided Meditation
- 1:30 pm Lunch Provided (vegetarian) - Bookstore Browsing
- 2:30 pm Closing Remarks

#### **Location (Saturday and Sunday)**

3925 Gray Rock Drive, Ellicott City, MD 21042

#### **Contact To participate in the initiation program & for location details:**

Email: [info@baltimore.kriya.org](mailto:info@baltimore.kriya.org)

Phone : Denise 410-451-5506, 410-980-5769 or John 301-216-0017

\*Saturday & Sunday activities are for new and current initiates  
in the lineage of Paramahansa Hariharananda and  
Paramahansa Prajnanananda.



**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

