

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.

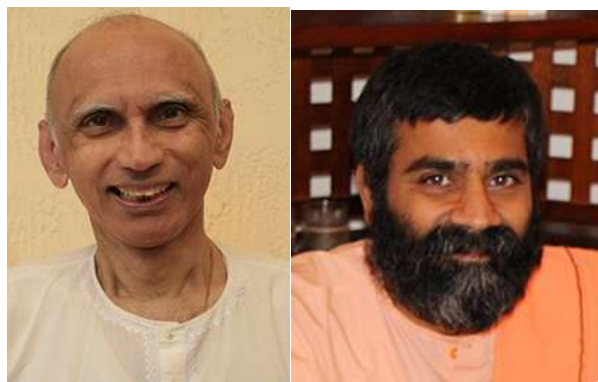
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FIND PEACE, LOVE AND JOY THROUGH THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA MEDITATION

Columbus, OH November 9 - 11, 2018



Yogacharya Bhadraru Pandya
Swami Purnatmananda Giri

6:30 pm – 8:30 pm

Friday, November 9, 2018

Free Public Lecture (Vegetarian Dinner and Refreshments will be served)

Topic: How to control the restless mind

Location: 5600 Post Rd, Dublin, OH 43017 | Lecture Hall #1

Saturday, November 11

9:00 am – 12:00 pm

Kriya Yoga Initiation

12:30 pm – 2:00 pm

Break and Vegetarian Lunch

2:30 pm – 5:30 pm

Technique teaching and meditation

Sunday, November 12

8:30 am – 12:00 pm

Technique Review and Meditation

12:30 pm – 2:00 pm

Break and Vegetarian Lunch

2:00 pm – 3:45 pm

Q&A

4:00 pm – 5:00 pm

Meditation

**Please Contact to RSVP or with any Questions about
The Public Lecture and the Initiation Program**

Contact:

info@columbus.kriya.org

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