

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



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THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Higher Kriya Retreat

Kriya Yoga Institute, Homestead, FL

Wednesday, March 06 – Sunday, March 10, 2019



**Swami Atmavidyananda Giri, Yogacharya John Thomas Lopategui,
Swami Chidrupananda Giri & Swami Prabuddhananda Giri**

This Higher Kriya Retreat focuses on the higher levels of Kriya Meditation. It involves initiation to higher levels of Kriya Yoga for eligible kriyavans and the practice of the same for both newly initiated and already initiated kriyavans.

Wednesday March 06

5:30 am	Meditation
7:30	Breakfast & Cleanup Seva
9:00	2 nd Kriya Initiation
12:15 pm	Lunch & Cleanup Seva
2:00	Self-Study & Contemplation
4:00	Q & A / Class
5:30	Break
6:00	Meditation
8:15	Dinner & Cleanup Seva
9:30	Retire

Thursday, March 07 to Sunday, March 10

5:30 am	Meditation
7:30	Breakfast & Cleanup Seva
9:00	Class
10:30	Meditation
12:15 pm	Lunch & Cleanup Seva
2:00	Self-Study & Contemplation
4:00	Q & A / Class
6:00	Meditation
8:15	Dinner & Cleanup Seva
9:30	Retire

Registration

Please register via email to institute@kriya.org or online at [click here](#)
Click [this link](#) for a copy of the registration form.

This program is not open to all. Participants must already be initiated into second Kriya in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda. Those who would like to get initiated into second Kriya must first contact the Mother Center before registering for the retreat.