

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



KY1108000103(1008)ROCNY

Mahasamadhi Seminar - 2018

24757 SW 167th Ave, Homestead, FL 33031

Saturday, December 1 to Monday, December 3, 2018



with

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

On December 3, 2002 our beloved Gurudev left his mortal body; although 16 years has passed since that time, his memory and presence remain. Paramahamsaji said, “I’m always with you, you can never erase my love.” He once told Guruji that after leaving his physical body, he would be able to help us even more. His life of love and compassion will be our guide as we contemplate and explore the depths of his teachings. We welcome you to join us for this 3-day Mahasamadhi Seminar as we honor the memory of Gurudev.

Tentative Daily Schedule

Saturday, December 1		Mahasamadhi Day Anniversary	
Sunday, December 2		Monday, December 3	
05:30am	Meditation	05:30am	Meditation
07:30am	Breakfast & Clean-up Seva	07:30am	Breakfast & Clean-up Seva
09:30am	Class	08:30am	Special Mahasamadhi Day Puja
10:45am	Meditation	11:00am	Meditation
12:15pm	Lunch & Clean-up Seva	12:15pm	Lunch & Clean-up Seva
01:00pm	Rest / Private Study / Seva	01:00pm	Rest / Private Study / Seva
04:00pm	Q&A/Video	04:00pm	Q&A/Video
05:00pm	Class	05:00pm	Class
06:30pm	Meditation	06:30pm	Meditation
08:15pm	Dinner and Clean-up Seva	08:15pm	Dinner and Clean-up Seva

To Register online, please visit: [Link to Registration Form](#)

This program is not open to the public. Participants must already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.