



The Ancient, Scientific Teachings of Kriya Yoga

Initiation Program and Weekend Workshop
March 1-3 2019
with Yogacharya Srinidhi Baba and Swami Prabuddhananda Giri



Saturday Schedule

7:00 - 8:00 am — Guided Meditation (for those previously initiated)

8:15 am — Registration (new initiates)

8:45 am - 12:45 pm — Kriya Yoga Initiation (new initiates)

1:00 - 2:00 pm — Lunch (potluck vegetarian meal)

2:00 - 2:30 pm — Book Sale & Clean Up

3:30 - 4:30 pm — Kriya Yoga Technique Class

4:45 - 5:45 pm — Guided Kriya Yoga Meditation & Complete

Sunday Schedule

7:30 - 9:00 am — Guided 2nd Kriya Yoga Meditation (upstairs)

8:00 - 9:00 am — Guided Kriya Yoga Meditation

9:15 - 11:15 am — Techniques Review / Q & A

11:30 - 12:30 pm — Guided Kriya Yoga Meditation

12:30 - 1:30 pm — Lunch (Potluck Vegetarian Meal)

1:30 - 2:15 pm — Book Sale & Clean Up

2:15 - 4:15 pm — Technique Benefits & Applying Kriya in Daily Life

4:30 - 5:30pm — Guided Kriya Yoga Meditation & Close

Saturday and Sunday Event

3330 E. Kachina Dr., Phoenix (Ahwatukee), AZ 85044

Pre-registration is recommended, for more information:

info@phoenix.kriya.org

480-363-3840

Saturday & Sunday activities are for new and current initiates in the lineage of Parmahamsa Hariharananda and Paramahamsa Prajnanananda



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 Shriyuktेश्वarji and Paramahamsa 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



Friday, March 1
Free Public Lecture



Kriya Yoga,
The Ancient Science
of Meditation

Open to all

7:00 - 9:00 pm

3313 East Kachina Dr.

Phoenix, AZ 85044

Donations Welcome