

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 Shriyuktेशwarji 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

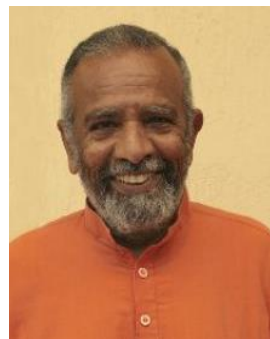


Ancient, Scientific Teachings of Kriya Yoga

Pittsburgh, PA

Public Lecture by

Yogacharya David Strassner & Swami Matrukrupananda



Friday, July 5, 2019

7 pm Public Lecture on Kriya Yoga followed by Q&A
Free and open to all

Illume Pittsburgh
222 Blvd of the Allies
Fourth floor, PA 15222

Saturday, July 6

8.30 am	Registration
9 am - 12 pm	Initiation Ceremony
12pm – 1.30 pm	Lunch
3pm – 5 pm	Teaching of the techniques/ Guided Meditation

Sunday, July 7

9 am – 10 am	Technique Review
10 am – 12 am	Guided meditation
12pm – 1.30 pm	Lunch
3pm – 5 pm	Spiritual Discourse, Q&A/ Guided Meditation

For those who are interested in taking initiation in Kriya yoga, the location for the weekend will be provided at the Friday lecture.

Contact: Vivek Ghai @ 412 719 0065 email - info@pittsburgh.kriya.org