

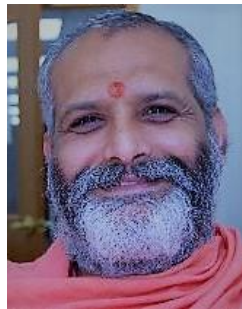
WHAT IS KRIYA YOGA

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.

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Rochester, NY
Public Lecture by

Yogacharya David Strassner & Swami Prabuddhananda



Friday May 3rd, 2019

7:00 pm Public Lecture followed by Q & A
Free & open to all

Hindu Temple of Rochester
120 Pinnacle Road
Pittsford NY 14534

Saturday	9:00 am – 1:00 pm	Initiation into Kriya Yoga
	1:00 pm – 3:00 pm	Potluck Lunch
	3:00 pm – 6:00 pm	Teaching of the Techniques / Guided Meditation
Sunday	9:00 am – 1:00 pm	Guided Meditation (1 st & 2 nd Kriya) / Technique Review & Benefits
	1:00 pm – 3:00 pm	Potluck Lunch
	3:00 pm – 5:00 pm	Spiritual Discourse, Q & A / Guided Meditation

For those who are interested in Initiation into Kriya Yoga, the location for the weekend will be provided at the program or call the # below for more details

Contacts

Karthi Sugunan at 585-224-6230

Sucheta Tandon at 585-223-3167

rochester.kriya@gmail.com

The Sat/Sun program is not open to public. Participants must either already be initiated or be taking initiation into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda



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

