



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



THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Falls Church, Virginia
June 21-23, 2019



Yogacharya Suresh Kodollikar



Yogacharya Denise Hunt



Yogacharya Kim Hunt

Kriya Yoga: The Ancient Science of Meditation

Friday, June 21, 2019

7:00 - 8:30 pm Free Public Lecture - Open to All (Doors open 6:30/Start at 7:00)

Location: Falls Church Community Center

Address: 223 Little Falls St., Falls Church VA 22046

Phone: 703-248-5077

Website: <https://www.fallschurchva.gov/528/Facility-Rentals>

Weekend Initiation Program

Saturday, June 22, 2019

- 8:30 am INITIATION ceremony
- 12:30pm Lunch Provided (vegetarian)
- 1:45 – 3:15 Meditation Technique Class
- 3:20 – 3:35 Break
- 3:40 – 4:40 Q&A – Meditation Technique Follow-up
- 4:45 – 5:45 Guided Meditation

Sunday, June 23, 2019

- 9:00 – 10:15 am Guided Meditation - open to initiates
- 10:30 – 11:30 Class “Practical Benefits & Beauty of Kriya Yoga” - Q&A
- 11:45 – 12:45 Guided Meditation
- 12:45 – 1:15pm Review, Next Steps, Final Q&A
- 1:15 pm Lunch Provided (vegetarian)
- 2:15 pm Closing Remarks

Location: (Saturday & Sunday)

2203 Westmoreland St., Falls Church, VA 22043

Contact: info@baltimore.kriya.org Denise 410-451-5506

*Saturday & Sunday activities are for new and current initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.