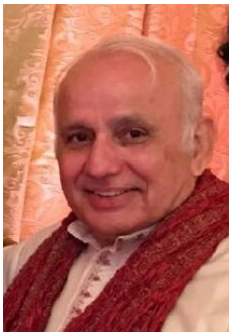
Kriya Yoga Institute - PO Box 924615 - Homestead FL 33092-46150 Phone: 305-247-1960
email: institute@kriya.org website: www.kriya.org

THE ANCIENT, SCIENTIFIC TEACHINGS OF

KRIYA YOGA

Dallas, Texas August 9-11, 2019



Yogacharya John Williams **Yogacharya Parikshit Pandya**

Friday, August 9

7:00 - 8:30 pm *Free Public Lecture – Ancient Science of Kriya Yoga*

Saturday, August 10

8:30 am – 9:00 am Registration
9:00 am – 11:30 am Kriya Yoga Initiation*
11.30 am – 12.15 pm Guru Paduka Pooja/Bhajans
12.30 pm – 1:30 pm Lunch
2:30 pm – 4:30 pm Technique Class
4.45 pm – 6:00 pm Guided Meditation*

Sunday, August 11

8:30 am – 10:30 am Technique Review
10:45 am – 12:00 pm Guided Meditation*
12.00 pm – 1:00 pm Lunch
1.30 pm – 3.30 pm Spiritual Discourse
3.45 pm – 5.00 pm Guided Meditation*

Contact

Kriya Yoga Institute Dallas **972-841-1034/214-542-6616**
kriyayogadallas@gmail.com ***kriyayogadallas.org***

Program Location

4230 LBJ Freeway Suite #227, Dallas, TX, 75244

*Kriya Yoga Initiation/Technique/Meditation may be attended only by Initiates in the lineage of Paramahamsa Hariharananda-Paramahamsa Prajnanananda. Participation in all sessions is required for the new initiates.

KRIYA YOGA

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 Shriyukteshwarji 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