

#### 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



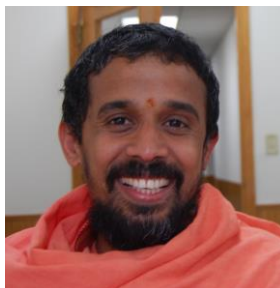
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# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

## Raleigh, NC September 13-15, 2019



Yogacharya Srinidhi Baba



Swami Vairagyananda Giri

#### Friday, September 13

6:30 pm – 8:00 pm Public Lecture, **Free and Open to all**  
“Kriya Yoga, The Scientific Technique for Self-Realization”

#### Saturday, September 14

8:45 am – 12:00 pm Kriya Yoga Initiation Ceremony  
12:15 pm – 1:15 pm Lunch (provided)  
3:00 pm – 4:30 pm Overview of Techniques  
4:45 pm – 6:00 pm Guided Meditation

#### Sunday, September 15

9:00 am – 10:30 am Techniques Review, Q&A  
11:00 am – 12:00 pm Guided Meditation  
12:15 pm – 1:15 pm Lunch (provided)  
1:30 pm – 2:30 pm Q &A, Spiritual Discourse  
2:45 pm – 3:45 pm Guided Meditation  
4:00 pm Close

#### Location

105 Westongate Way, Cary NC 27513

#### Contact

Venkat Pedibhotla 336-686-2505 <mailto:Venkat.pedibhotla@gmail.com>  
Rama Tharacad 919-303-3301 [ana\\_rama@yahoo.com](mailto:ana_rama@yahoo.com) to register for initiation or other inquiries.

**Saturday & Sunday program is not open to the general public.** It will be limited to only new initiates and to those already initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.