

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 Shriyuktेश्वarji 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

Initiation Program - Ellicott City, Maryland November 1-3, 2019



Yogacharya
Suresh Kodollikar



Yogacharya
Niva Kodollikar



Yogacharya
Denise Hunt



Yogacharya
Kim Hunt

What Kriya Yoga Can Give You

Friday, Nov. 1, 2019 - Free Public Lecture – 7:30-9:00 pm - Open to All

Location: The Wilde Lake Interfaith Center

Address: 10431 Twin Rivers Rd. Columbia, MD 21044

Phone: 410-730-7920

Saturday, Nov. 2, 2019 - open to new & current initiates

- | | |
|-------------|--|
| 8:30 am | INITIATION ceremony |
| 12:30 -2:00 | Lunch Provided (vegetarian) - Bookstore Browsing |
| 2:00 – 3:30 | Meditation Technique Class |
| 3:30 – 3:45 | Break - Bookstore Browsing (cash/check) |
| 3:45 – 4:30 | Class / Q & A |
| 4:30 – 5:30 | Guided Meditation |

Sunday, Nov. 3, 2019

- | | |
|----------------|--|
| 8:30 - 9:30 am | 2 nd Kriya Meditation |
| 9:30 –10:30 | 1 st Kriya Meditation |
| 10:30 – 11:15 | Class |
| 11:15 – 11:30 | Break - Bookstore Browsing |
| 11:30 - 12:15 | Class / Q & A |
| 12:15 - 1:15 | Guided Meditation |
| 1:15 – 2:30 | Lunch Provided (vegetarian) - Bookstore Browsing |

Location for (Saturday and Sunday Program)

3925 Gray Rock Drive, Ellicott City, MD 21042

Contact: To register for the weekend program email or call

Email: info@baltimore.kriya.org

Phone: Denise 410-451-5506

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