



# The Ancient, Scientific Teachings of Kriya Yoga

*Initiation Program and Weekend Workshop*  
November 15-17 2019  
with Yogacharya John Williams and Yogacharya Kaushal Gokli



## Saturday Schedule

7:00 - 8:00 am — Meditation for the Previously Initiated (arrive 6:45)  
8:15 am — Registration (New Initiates)  
8:45 am - 12:45 pm — Kriya Yoga Initiation (New Initiates)  
1:00 - 2:00 pm — Lunch Potluck Vegetarian Meal  
2:00 - 2:30 pm — Book Sale & Clean Up (Cash and Check ONLY)  
3:00 - 4:30 pm — Kriya Yoga Technique Class  
4:45 - 5:45 pm — Guided Kriya Yoga Meditation & Complete

## Sunday Schedule

6:15 - 7:45 am — Guided 2nd Kriyavan Meditation (arrive 6:15)  
8:00 - 9:00 am — Guided Kriya Yoga Meditation  
9:15 - 11:15 am — Techniques Review / Q & A, Continued Learning  
11:30 - 12:30 pm — Guided Kriya Yoga Meditation  
12:30 - 1:30 pm — Lunch Potluck Vegetarian Meal  
1:30 - 2:15 pm — Book Sale & Clean Up (Cash and Check ONLY)  
2:15 - 4:15 pm — Technique Benefits & Applying Kriya in Daily Life  
4:30 - 5:30pm — Guided Kriya Yoga Meditation & Close

## Updated Schedule

**Saturday and Sunday Event**  
3330 E. Kachina Dr., Phoenix (Ahwatukee), AZ 85044  
Pre-registration is recommended, for more information:  
**info@phoenix.kriya.org**  
**480-363-3840**

Saturday & Sunday activities are for new and current initiates  
in the lineage of Parmahamsa Hariharananda  
and Paramahamsa Prajnanananda



## 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 yu, 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 Paramahamsa Yoganandaji, he spread Kriya Yoga to the East and West.

**PARAMAHAMSA PRAJNANANANDA**  
(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



**Friday, November 15**

**Free Public Lecture**



**Kriya Yoga,  
The Ancient Science  
of Meditation**

Open to all

7:00 - 9:00 pm

3313 East Kachina Dr.

Phoenix, AZ 85044

*Donations Welcome*

**Kriya Yoga Institute [www.kriyayoga.org](http://www.kriyayoga.org)**