

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**New York City, NY February 7- 9, 2020**



with  
**Yogacharya John Williams**

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## Public Lecture: Friday February 7

7:00 PM - 8:30 PM  
\$10 Donation

### Location: The Babies Project

15 W. 26th Street, (10FL, between Broadway & 6th Avenue), New York City

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## Saturday & Sunday February 8 & 9 Location The Babies Project

15 W. 26th Street 10th Floor. NYC (bet Broadway & 6th Ave.)

<b>Saturday February 8</b>	9:00 am - 12 noon	-First Kriya Initiation
	12:00 noon - 2:00PM	-Lunch Break
	2:30 - 6:30 PM	-Technique Teaching, Spiritual Discourse & Guided Meditation
<b>Sunday February 9</b>	8:30 - 10:00 am	-Guided Meditation (2nd Kriya Students)
	10:00 - 11:00:AM	-Technique Review
	11:00am -12:00 PM	-Guided Meditation
	12:00 PM-2:00 PM	-Lunch Break
	2:00 - 5:30 PM -	- Q&A,Technique Teaching, Guided Meditation and closing

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## Information/Contact

For those wishing to take initiation, there is a \$180 donation requirement as well as a \$25 donation for Sundays attendance (for a total of \$205). There is a \$25 donation for each day's attendance on Saturday and Sunday for those who are already initiated. Please contact [nyckriya@nyckriya.org](mailto:nyckriya@nyckriya.org), in advance, if you wish to register for the Saturday and Sunday initiation program, or call 201-294-5086 for further information.

**Requirements for initiation:** \$180 initiation donation and offering of 5 fruits and 5 flowers. Student must be able to attend three guided meditations during the initiation weekend to fully learn technique. Sundays attendance is required.

**Note:** Meditations & technique classes are open only to initiates in the lineage of Paramahansa Hariharananda, Paramahansa Prajnanananda and their authorized teachers of the Kriya Yoga Institute.



## 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

