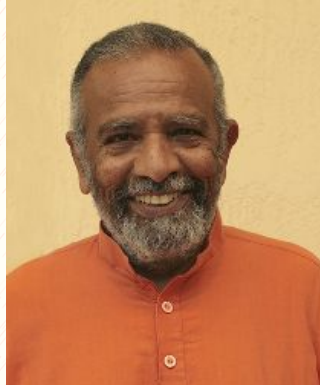


The Ancient, Scientific Teachings of KRIYA YOGA

Atlanta, GA

March 20th to 22nd, 2020



with

Swami Atmavidyananda Giri & Swami Matrukrupananda Giri

LOCATION

Stonehaven Pointe Clubhouse
100 Town Manor Pl, Cumming, GA 30040



REGISTRATION CONTACT

Atlanta Kriya Yoga Center: (404) 884-8670

Email: info@atlanta.kriya.org

www.kriya.org

<https://www.kriya.org/page/initiation/en>



SCHEDULE

Friday, March – 20th

07:00 - 8:30 PM

Free Public Lecture – open to all
Scientific Teachings of Kriya Yoga

Saturday, March – 21st

08:30 - 12:30 PM
12:30 - 2:00 PM
02:00 - 5:30 PM

Initiation for New Aspirants
Vegetarian Lunch
Technique Class / Guided Meditation

Sunday, March – 22nd

08:30 - 12:00 PM
12:00 - 1:00 PM
01:00 - 3:00 PM

Technique Review / Meditation
Vegetarian Lunch
Q & A session & Guided Meditation



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

