

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA



WITH
SWAMI CHIDRUPANANDA GIRI

FRIDAY, FEBRUARY 28, 2020 | 7 PM-9PM
FREE PUBLIC EVENT

LOCATION: THE LOTUS POND 6201 LYNN ROAD
TAMPA, FL 33625

Saturday, February 29th

08:30am – 09:00am Registration for Initiation
09:00am – 12:00pm Initiation Ceremony
12:00pm – 02:30pm Lunch Break (Lunch will be provided)
02:00pm – 04:00pm Teaching of Techniques
04:30pm – 05:30pm Guided Meditation

Sunday, March 1st

09:00am – 12:00am Technique Review, Meditation
12:00pm – 02:00pm Lunch Break (Lunch will be provided)
02:30pm – 05:00pm Q & A, Discourse, Meditation

***Please note: The location for Saturday and Sunday's event will be announced at the public event on Friday, February 28th. If you are unable to attend, please contact us for information.**

CONTACT:

617-640-0078 * INFO.TAMPA@KRIYA.ORG
813-707-3600 * TAMPAKRIYA@YMAIL.COM

SATURDAY & SUNDAY SESSIONS ARE LIMITED TO THOSE GETTING INITIATED INTO KRIYA YOGA AND TO THOSE ALREADY INITIATED IN THE LINEAGE OF PARAMAHAMSA HARIHARANANDA AND PARAMAHAMSA PRAJÑANANANDA.



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

