



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



THE TEACHINGS OF KRIYA YOGA

Initiation Program Mountain View, CA March 21-22, 2020



Swami Purnatmananda



Yogacharya Lucy O'Brien

Free Public Introductory Lectures

Kriya Yoga, The Ancient Science of Meditation

Thursday, March 19

7:00 pm – 8:30 pm

Quinlan Community Center

10185 N Sterling Rd, **Cupertino, CA**

Tranquility of the mind through breath

Friday, March 20

7:00 pm – 8:30 pm

Mountain view Masonic lodge

890 Church St, **Mountain View, CA**

Initiation Program

Saturday and Sunday, March 21-22

Mountain view Masonic lodge

890 Church St, Mountain View, CA 94041

Schedule:

Saturday

8:30 am – 5:30 pm Initiation, Technique Class, Guided Meditation*
12:00 – 2:00 pm Lunch Break

Sunday

9:00 am – 5:30 pm Technique Class, 2 Guided Meditations, Q&A*
12:30 – 2:00 pm Lunch Break

For info or to register for initiation

info.saratoga@kriya.org

Vasudha Sridhar (408) 599-9490

Milind Kukanur (408) 596-0747

Gururaj Nayak (408) 645 0516

Vijay Gupta (901) 492-1525

<https://bit.ly/37cIwHk>



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*Meditations are for initiates into the lineage of Hariharananda

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