

#### 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



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# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Orlando, Florida Mar 27-29, 2020



with

Swami Chidrupananda  
& Swami Tapsyananda Giri



*Kriya Yoga teaches that all action, kri, is done by the indwelling soul, ya. Continuous awareness of the power of the indwelling soul can transform all activity into worship. Awareness that the soul must inhale every breath leads to mind control and liberation.*

#### Friday, Mar 27th 2020

7:00 – 8:15 pm - Free Public Lecture

#### “Science of Kriya Yoga – Inner Peace and Happiness”

Location: Maa Durga Sri Sai Baba Temple  
11414, S Apopka Vineland Rd, Orlando, FL 32836

#### Saturday - Mar 28th 2020

08:30am – 09:00am Registration for Initiation  
09:00am – 12:00pm Initiation Ceremony  
12:00pm – 02:00pm Lunch Break (Lunch will be provided)  
02:00pm – 03:30pm Teaching of Techniques  
04:00pm – 05:00pm Guided Meditation

#### Sunday - Mar 29th, 2020

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

#### Location

14664, Pylon Ct, Winter Garden, Fl 34787

#### For Registration, please contact

Ana Correa (407)3758621, Gladys (407)8797066  
Jyothi Velaga (407)9219270, Srini Muthiah (510)6765654

*This weekend program is not open to the public. Participants must already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnānananda.*