

### 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 Shriyuktेशwarji 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 ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

College Park, Maryland  
Oct. 14-16, 2011



with

Yogacharya Durga Chunduri  
& Yogacharya Suresh Kodollikar

Friday, October 14, 2011

7:30 - 9:00 pm Free Public Lecture - Open to All  
"Kriya Yoga: The Ancient Science of Meditation"

#### Location (Friday)

University of Maryland Memorial WEST CHAPEL  
7600 Baltimore Avenue, College Park, MD-20742

Directions: <http://www.weddings.umd.edu/directions.php>

Free Parking: Lot Y directly behind the chapel

Saturday, October 15

8:30 am - 12:00 pm Registration and Initiation

12:30 pm Lunch (provided)

2:30 pm - 5:00 pm Technique Class and Q&A

5:30 pm - 6:30 pm Guided Meditation

7:00 pm - 8:00 pm Dinner (provided)

Sunday, October 16

9:00 am-10:30 am 2nd Kriya Meditation (for current 2nd Kriya initiates)

11:00 am-12:00 pm 1st Kriya Meditation (new and all initiates)

12:30 pm Lunch (provided)

2:30pm -3:30 pm Technique review class & Question/Answer

4:00 pm -5:30 pm Guided Meditation / Closing Ceremony

#### Location (Saturday and Sunday)

10241 Wetherburn Rd., Ellicott City, MD 21043

#### Contact

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\* Saturday & Sunday activities are for new and current initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.

