



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.

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Charlotte, NC July 26-28, 2024



**Yogacharya Suresh Kodollikar and
Niva Kodollikar**



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



Friday, July 26

Venue: 3500 Arborhill Rd. Charlotte, NC 28270

7 pm – 9.30 pm Public Lecture, Free and open to all
Yoga Pathway to Divine

(Followed by Q&A and dinner)

Saturday, July 27

Venue Sat/Sun: 1110 Delacourt Lane, Matthews, NC 28104

9 am – 12 pm	Initiations into Kriya Yoga
12.00 - 1 pm	Lunch (provided)
3:00 – 5 pm	Overview of Techniques
5:00 – 6 pm	Guided Meditation

Sunday, July 28

8:15 – 9:30 am	Meditation
9:30 – 11 am	Technique Review
11.00 – 12 pm	Guided Meditation
12.00 – 1.30 pm	Lunch (provided)
2.00 - 3 pm	Q&A
3.00 - 4 pm	Guided Meditation & Close

Contact

charlotte-nc@kriya.org or 704-965-6498 for inquiries.

Registration: <https://www.kriya.org/online-registration/6973/en>

The Sat/Sun program is only open for participants who are getting initiated, or already initiated in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.

