

### 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

### Initiation Program - Swannanoa, NC (East Asheville) April 20-21, 2024



**Swami Sahajananda Giri**

### Kriya Yoga: *The Ancient Science of Meditation* Weekend Initiation Program

#### Friday, April 19th, 2024

5:30 – 7:00 PM Free Information Session, Q&A.

#### Saturday, April 20, 2024

8:30 – 9:00 AM Kriya Yoga - Introduction  
9:00 – 12:00 PM INITIATION ceremony  
12:15 - 2:00 PM Lunch Provided (vegetarian) - Bookstore Browsing  
2:00 – 3:30 PM Teachings of Kriya Yoga Technique  
3:30 – 3:45 PM Break - Bookstore Browsing (cash/check)  
3:45 – 4:45 PM Class / Q & A  
4:45 – 5:45 PM Guided Meditation

#### Sunday, April 21, 2024

8:30 - 9:30 AM  
9:30 – 10:30 AM 2nd Kriya Meditation  
10:30 – 11:30 AM 1st Kriya Meditation  
11:30 – 11:45 AM Class / Q & A  
11:45 - 12:45 PM Break – Bookstore Browsing  
12:45 – 1:15 PM PM Guided Meditation  
1:15 PM Final Q & A, Closing Remarks  
2:15 PM Lunch Provided (vegetarian) - Bookstore Browsing  
End of Program

#### Location for Information Session

Weaving Rainbows Art Gallery  
62 Wall St, Asheville, NC 28801

#### Location for (Saturday and Sunday Program)

47 Wendover Ln, Swannanoa, NC, 28778

#### To register for the weekend program:

Click on this link: <https://kriya.org/event-details/6966/en>

For questions, Email: [asheville-nc@kriya.org](mailto:asheville-nc@kriya.org)

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