

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

Initiation Program - Ellicott City, Maryland June 10-11, 2023



Yogacharya Suresh Kodollikar



Yogacharya Niva Kodollikar

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

Saturday, June 10, 2023

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

Sunday, June 11, 2023

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

Location for (Saturday and Sunday Program)
3925 Gray Rock Drive, Ellicott City, MD 21042

Contact: To register for the weekend program email or call

Email: baltimore-md@kriya.org

Phone: Elisabeth 301- 216-0017

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



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

