

# THE LOVING TEACHINGS OF KRIYA YOGA

[www.kriya.org](http://www.kriya.org)

**Houston, TX Intensive**  
**Sep, 11<sup>th</sup> 2022**



**Swami Vairagyananda Giri**

This program is tailored for existing Kriya Yoga practitioners. The goal of this program is to help Kriyavans deepen their practice and to provide answers and clarity to any questions. The setting will be traditional, with plenty of lectures, meditations, and Q&A sessions

## **Sunday, Sep 11**

- 8:30 – 10:00 am 2<sup>nd</sup> Kriya Meditation
- 10:00 – 11:00 am 1<sup>st</sup> Kriya Meditation
- 11:00 – 12:00 pm Class 1
- 12:15 – 2:00 pm Lunch
- 2:00 – 3:30 pm Q&A and Spiritual Discourse
- 3:30 – 4:30 pm Guided Meditation & Closing

### **Location**

Sri Ma's Residence  
15702 Inks Lake Park Dr, Cypress TX 77433

### **Contact**

Please RSVP Sri at [Info@Houston.Kriya.Org](mailto:Info@Houston.Kriya.Org) if you plan to attend

Note: Meditations and Technique classes may be attended only by initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda



### 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 Shriyuktेश्वarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

**PARAMAHAMSA PRAJNANANANDA**  
(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

