



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



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THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Boston, MA April 05-07, 2024



with
Yogacharya David Strassner

Friday, April 05

6:30 – 8:30 pm Free, public talk
Location: YMCA Franklin
45 Forge Hill Road, Franklin, MA

Saturday April 06

8:45 – 12:00pm 1st Kriya Initiation
12:30 – 1 :30pm Lunch
2:30 – 4:30pm Teaching of the Kriya Techniques
4:45 – 5:45 pm 1st Kriya Meditation

Sunday April 07

9:00 – 10:00pm 1st Kriya Meditation
10:15 - 1 1:30pm Review and Benefits of the Kriya Techniques
12:00 – 1:00 Lunch
1:30 – 2:45 pm Kriya Yoga in Daily Life
3:00– 4:00 pm 1st Kriya Meditation

Location for Saturday and Sunday
Private home (details upon registration).

Registration online at

<https://kriya.org/event-details/6963/en>



For any queries, please contact Punjabrao at 978-852-5329
or email to info@boston.kriya.org