



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 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

Pittsburgh, PA June 28-30, 2024



With

**Yogacharya Suresh Kodollikar
& Yogacharya Niva Kodollikar**

Friday, June 28th

7 pm – 8.30 pm Free Public Talk on Kriya Yoga followed by Q&A
Open to All.

Yoga Factory Pittsburgh
3418 Penn Avenue, Pittsburgh PA 15201

Initiation at Moon Township, PA 15108

Saturday, June 29th

8.30 am

9 am – 12 pm

12 pm – 1.30 pm

1.30 pm – 2.30 pm

2.30 pm – 4.30 pm

Registration

Initiation Ceremony

Lunch

Break

Teaching of Techniques and Guided
meditation

Sunday, June 30th

9 am – 10 am

10 am – 12 am

12 pm – 1.30 pm

2.30 pm – 4.30 pm

Technique Review

Guided Meditation

Lunch

Spiritual Discourse/ Q &A and Guided
meditation

**For those who are interested in taking initiation in Kriya yoga,
the location for the weekend will be provided at the Friday lecture.**

Pre-register for initiation at <https://kriya.org/event-details/6971/en>

Contact: Vivek Ghai @ 412 719 0065 Email: Pittsburgh-pa@kriya.org