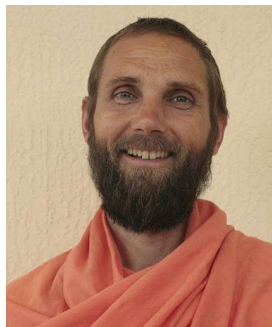


# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**Livingston, NJ April 11-13, 2025**



with

**Swami Chidrupananda Giri and Swami Vairagyananda Giri**

**Friday, April 11, 2025**

**6:30 PM- 8:00 PM**

<https://meet.google.com/xce-bhed-zsi>

*Topic: Kriya Yoga- The Ancient Science of Meditation*

*Open to all. Donations welcome.*

**Saturday, April 12**

8.30 am Registration  
9:00 am-12:30 pm Kriya Initiation Ceremony  
12:30 pm Vegetarian Lunch  
2:00 pm - 5:30 pm Technique Class & Guided Meditation

**Sunday, April 13**

9:00 am - 10:45 am Technique Review and Benefits  
11:00 am- 12.00 pm Guided Meditation  
12:00 Noon - Vegetarian Lunch  
2:00 pm - 3:30 pm Q&A session  
3:30 pm - 4:30 pm Guided Meditation

**Location for Saturday & Sunday- 299, Eisenhower Parkway, Livingston, NJ**



Scan here for registration

For further information: email [info.newjersey@kriya.org](mailto:info.newjersey@kriya.org),  
contact Mona at 973-220-9049 or Nalini at 929-483-3015

**Note:** Meditations & technique classes are open only to initiates in the lineage of Paramahansa Hariharananda, Paramahansa Prajnanananda and the authorized teachers of the Kriya Yoga Institute.



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 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

