

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.

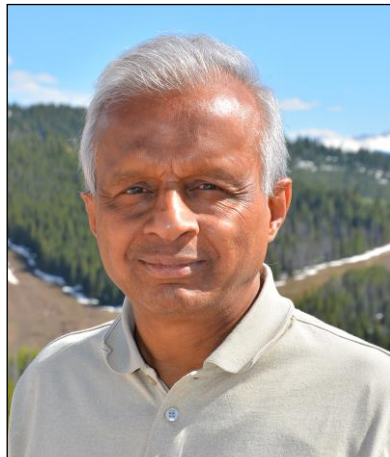
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KRIYA YOGA: THE ANCIENT SCIENCE OF MEDITATION

June 14-16, 2024
Santa Fe, New Mexico



Yogacharya Srinidhi Baba

PUBLIC LECTURE

Friday, June 14: **6-7:30 pm**
Globe Fine Art, 727 Canyon Road, Santa Fe, NM

INITIATION & TRAINING:

Suggested donation: \$180.00

Saturday, June 15: **8:30 am – 12 pm** **12 pm – 1:30 pm**
Kriya Yoga Initiation Vegetarian Lunch
1:30 pm – 5 pm:
Kriya Yoga Instruction and Guided Meditation

Sunday, June 16: **9 am – 12 pm** **12 pm – 1:30 pm**
Guided Meditation / Q&A Vegetarian Lunch
1:30 pm – 4 pm
Discourse / Guided Meditation / Book Sales / Q&A



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