

KRIYA YOGA INTENSIVE

GURU PURNIMA MEDITATION

July 21, 2024
New York City



Yogacharya John Williams
Practicing Kriya Yoga for more than 40 years



KRIYA YOGA

Still Mind Zendo
34 W 15th St 3rd Floor NYC
Between 5th and 6th Avenue
Press Still Mind Zendo Bell
Open to initiated Kriyavans

Sunday, July 21st, 9 – 5 pm

9:00am – 10:15am, Kriya Yoga Guru Purnima Ceremony
10:30pm – 12:00pm, Q&A Session and Guided Meditation
BREAK
1:30pm – 5:00pm, Technique Class & Guided Meditation

FOR MORE INFORMATION & PRE-REGISTRATION

Please email newyorkcity-ny@kriya.org

**For those interested in Kriya Yoga Initiation,
please reserve October 5 - 6 2024 weekend**

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

