

### 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



KYI108000103(1008)ROCNY

# KRIYA YOGA: THE ANCIENT SCIENCE OF MEDITATION

New York City

October 5 - 6, 2024



Yogacharya John Williams

Practicing Kriya Yoga for more than 40 years

## PUBLIC TALK: KRIYA YOGA INTRODUCTION

Still Mind Zendo

34 W 15<sup>th</sup> St 3<sup>rd</sup> Floor NYC

Press Still Mind Zendo Bell

Sunday, September 29<sup>th</sup>, 11 – 12 am open to all

## KRIYA YOGA INITIATION & TRAINING PROGRAM

Location TBD

### Saturday, October 5:

8:30am – 12:30pm, Kriya Yoga Initiation Ceremony

2:00pm – 5:00pm, Technique Class & Guided Meditation

### Sunday, October 6:

8:30am – 10:00am, 2<sup>nd</sup> Kriya Guided Meditation

10:00am – 12:00pm, 1<sup>st</sup> Kriya Technique Review and Guided Meditation

1:30pm – 4:00pm, Q&A Session and Guided Meditation

## FOR MORE INFORMATION & PRE-REGISTRATION

Please email [newyorkcity-ny@kriya.org](mailto:newyorkcity-ny@kriya.org)

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