# KRIYA YOGA: THE ANCIENT SCIENCE OF MEDITATION

New York City, October 5 - 6, 2024



Yogacharya John Williams. Swami Chidrupananda Giri

#### 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>, 10:30 – 11:30 am open to all

## **KRIYA YOGA INITIATION & TRAINING PROGRAM**

Nest Broadway

1234 Broadway, Suite 147, New York NY 10001 (on 31st street)

### 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, 1st Kriya Technique Review and Guided Meditation

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

\* 2<sup>nd</sup> Kriya Meditation is only for those initiated into 2<sup>nd</sup> Kriya in the lineage of Paramahamsa Hariharananda, Paramahamsa Prajnanananda and authorized representatives of Kriya Yoga Institute

Please Register Online (Scan QR Code and Visit the following URL):

https://www.kriya.org/online-registration/6982/en

Once your registration is confirmed, we email you the details such as the location, the initiation offerings to bring, dress code, and some links to read about Kriya Yoga.





#### 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 Shriyukteshwarji and Paramahamsa 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







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