

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



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THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Nashville, TN
August 23 – 25, 2024



with
Swami Purnatmananda Giri

Schedule

Friday August 23 – 7:00 PM

An introduction to Kriya Yoga – Lecture and Q&A

Saturday 24 – 9:00 AM till Noon

Kriya Yoga Initiation Ceremony

Saturday 24 - 2:30 PM till 5:30 PM

Kriya Yoga technique class and guided meditation

Sunday 25 - 9:00 till Noon and 2:30 PM till 5:30 PM

Technique review, Q&A and Guided meditations

Location

Cane Ridge Community Club
6043 Cane Ridge Road
Antioch, TN 37013

Registration

Please register via

<https://www.kriya.org/event-details/7431/enphone>

Please contact David @ (901) 340 7414
or email Memphis-tn@kriya.org for enquiries.