## THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

# Initiation Program - Ellicott City, Maryland March 15-16, 2025







Yogacharya Durga Chunduri &

Yogacharya Kaushai Gokli

### Kriya Yoga Initiation Program

#### Saturday, March 15, 2025

08:30 am – 12:15 pm Kriya Yoga Introduction - Initiation Ceremony

12:15 pm – 01:00 pm Lunch break (vegetarian lunch provided)

01:00 pm - 02:00 pm Bookstore Browsing

02:00 pm - 04:00 pm Meditation Technique Class

04:00 pm - 04:15 pm Break

04:15 pm - 05:15 pm Guided Meditation

#### **Sunday, March 16, 2025**

08:30 am - 9:30 am 2<sup>nd</sup> Kriya Meditation 9:30 am - 10:30 am 1<sup>st</sup> Kriya Meditation

10:30 am – 12:00 pm Technique Review Class/Q & A/ Closing Remarks

12:00 pm - 12:15 pm Break

12:15 pm – 1:15 pm Guided Meditation

01:15 pm Lunch provided (vegetarian) - Bookstore Browsing

02:15 pm End of Program

Location: 3925 Gray Rock Dr, Ellicott City, MD 21042

#### **Event Signup Link:**

https://www.kriya.org/event-details/7736/en



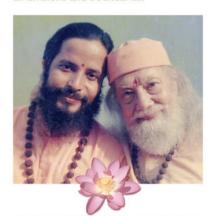
For questions, please email baltimore-md@kriya.org

Saturday & Sunday activities are for new and current initiates in the lineage of Paramahamsa Hariharananda and Paramahamsa Prainanananda.



#### 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













