

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

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



With:



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 2nd Kriya Meditation
- 9:30 am – 10:30 am 1st 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 Paramahansa Hariharananda and Paramahansa Prajnanananda.

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

