

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

## Tampa, Florida \* Jan 31 – Feb 02, 2025



with  
**Swami Chidrupananda**



### Friday, January 31

7 – 8:30 pm Free public talk (open to all)  
Kriya Yoga – The Ancient Science of Breath and Meditation

### Saturday, February 1

8:15 – 8:45 am Registration for Initiation  
9 – 12:15 pm Kriya Initiation  
12:30 – 2 pm Lunch Break (Lunch will be provided)  
2 – 5:30 pm Teaching of Techniques & Guided Meditation

### Sunday, February 2

8:30 – 12 pm Techniques Review & Guided Meditation  
12– 01:30 pm Lunch Break (lunch will be provided)  
01:30 – 4:30 pm Spiritual Discourse/Q & A, Meditation

**Public Talk Location: Anand Vihar, 1115 Narmada Way, Wesley Chapel, FL 33543 (Club house)**

\*Please note: Please scan the QR code for online registration or contact us for registration information. The exact location for Saturday and Sunday's event will be provided after your registration is confirmed.

**Contact: (617) 640-0078 \* [info.tampa@kriya.org](mailto:info.tampa@kriya.org)**

**\*\*\*For information on Kriya Yoga initiation you can also visit: [www.kriya.org](http://www.kriya.org)\*\*\***

This weekend program is not open to the public. Participants must be initiated into Kriya Yoga 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 Shriyuktेश्वarji 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

