

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Tampa, Florida * Jul 21 – Jul 23, 2023



with
Swami Chidrupananda



Friday, July 21st

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

Saturday, July 22nd

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

Sunday, July 23rd

9 am – 12 pm Techniques Review & Guided Meditation
12 – 2 pm Lunch Break (lunch will be provided)
2 – 4:30 pm Spiritual Discourse/Q & A, Meditation

Location: Anand Vihar, 1195 Godavari Wy, Wesley Chapel, FL 33543

These sessions are provisionally based upon the status of the pandemic and any guidelines from the government authorities.

*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

For information on Kriya Yoga initiation you can also visit: 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 Prajñanananda.

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 Shriyuktishwarji 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

