

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA Overland Park, Kansas June 03 – June 05, 2016



Swami Atmavidyananda Giri Swami Vairagyananda Giri

Free Public Lecture (Open to all)
“Ancient Solutions to Modern problems”
Friday, June 3, 2016 7pm -8pm
Tomahawk Ridge Community Center (Conf. Hall)
11902 Lowell Ave, Overland Park, KS 66213

KRIYA YOGA INITIATION & GUIDED MEDITATION

Saturday, June 04, 2016

09:00 am - 12:00 pm Registration and Initiation
12:15 pm - 01:15 pm Potluck Lunch
02:30 pm - 04:00 pm Technique Class
04:15 pm - 05:15 pm Guided Meditation

Sunday, June 05, 2016

09:00 am - 10:30 am Technique Review, Q&A
10:45 am - 12:00 pm Guided Meditation
03:00 pm - 04:00 pm Discourse
04:00 pm - 05:00 pm Guided Meditation

Contacts

Venkatesh Ambale Ph: 913-952-0543; 913-296-7045
Patricia Moore Ph: 816-524-6694
Email: info@kansascity.kriya.org

Location: 5612 West 152nd PI, Overland Park, KS 66223

Saturday and Sunday program is open to those participants getting initiated into Kriya Yoga and to those already initiated 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



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