

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



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THE ANCIENT TEACHINGS OF KRIYA YOGA

Little Rock, AR Aug 9-11, 2024



Yogacharya Durga Chunduri

PUBLIC TALK (Free & Open to All)

"An Introduction to Kriya Yoga"

Friday, August 9, 2024 07:00 pm – 8:30 pm

Unitarian Universalist Church, 1818 Reservoir Rd, Little Rock, AR 72227

INITIATION SESSION*

Saturday, August 17, 2024

08:30 am – 12:00 pm Registration followed by Kriya Initiation

02:30 pm – 06:00 pm Technique Teachings and Guided Meditation

Sunday, August 18, 2024

08:45 am – 12:00 pm Technique Review & Guided Meditation

02:00 pm – 04:00 pm Q & A followed by Guided Meditation

* The Saturday and Sunday program is limited to those getting initiated at this event and to those already initiated in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.

Please Register Online (Scan QR Code and Visit the following URL):
<https://www.kriya.org/online-registration/7052/en>



*Once your registration is confirmed, we email you the details such as the location, the initiation offerings to bring, dress code, and some links to read about Kriya Yoga.

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