

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.



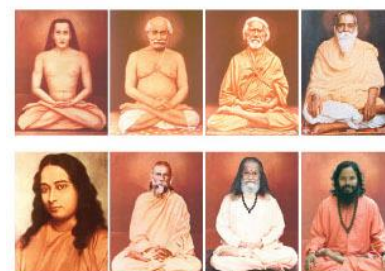
PARAMAHAMSA HARIHARANANDA
(1907-2002) - (photo on the right)

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, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Little Rock, AR
May 2-5, 2025



With
Swami Purnatmananda Giri

LOCATION

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

FREE PUBLIC TALK (Open to all)

Friday, May 2, 2025, 07:00 pm to 08:30 pm

Topic: "An Introduction to Kriya Yoga" - Discourse followed by Q&A

INITIATION SESSION

Saturday, May 3, 2025

08:00 am to 11:30 am – Check-in and Initiation Ceremony

01:30 pm to 05:00 pm - Teaching of Techniques and Guided Meditation

Sunday, May 4, 2025

08:30 am to 11:30 am - Technique Review and Guided Meditation

01:30 pm to 04:00 pm - Q&A and Guided Meditation

The sessions on Saturday and Sunday are limited to those getting initiated in Kriya Yoga as well as to those already initiated in the lineage of Paramahansa Hariharananda-ji and Paramahansa Prajñanananda-ji.

ONLINE REGISTRATION

Please sign up using the following URL or the QR Code

<https://www.kriya.org/online-registration/7715/en>

Initiation Offerings and other details will be provided while confirming your online registration as well as at the Public Talk on Friday evening.



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