



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



THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Initiation Program - Swannanoa, NC (East Asheville) June 6-8, 2025



Swami Vairagyananda Giri

Kriya Yoga: The Ancient Science of Meditation Weekend Initiation Program

Friday, June 6, 2025

6:00 - 7:30 PM Free Information Session, Q&A.

Saturday, June 7, 2025

8:15 - 8:45 AM Registration
9:00 - 12:00 PM Initiation Ceremony
12:15 - 2:30 PM Lunch, Seva, Rest
2:30 - 4:30 PM Teachings of Kriya Yoga Technique
4:45 - 5:45 PM Guided Meditation

Sunday, June 8, 2025

9:00 - 10:45 AM Review of Kriya Yoga Techniques
11:00 - 12:00 PM Guided Meditation
12:15 - 2:00 PM Lunch, Seva, Rest
2:00 - 4:30 PM Q & A followed by Guided Meditation

Location for Information Session Haw Creek Commons 315 Old Haw Creek Rd, Asheville, NC 28805

Location for Saturday and Sunday Program
47 Wendover Ln, Swannanoa, NC, 28778

To register for the weekend program:

Register: <https://kriya.org/event-details/7731/en>
For questions, Email: asheville-nc@kriya.org

*Saturday & Sunday activities are for new and current initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.

