

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Boston, MA June 23-25 2017



with

**Swami Atmavidyananda Giri &
Swami Prabuddhananda Giri**

Friday, June 23

7:00 – 9:00 pm Free, public talk



Circles of Wisdom
Bright Ideas for Better Living

90 Main Street, Andover, MA 01810

(978) 474-8010

Saturday, June 24

8:45 – 12:00pm 1st Kriya Initiation

12:30 - 1 :30pm Lunch

2:30 – 4:30 Technique review class

4:45 – 5:45 pm Guided Meditation

6:30 – 8 pm Dinner

Sunday, June 25

9:00 – 10:00pm Techniques review class

10:15 - 1 1:30pm 1st Kriya Meditation

12:00 – 1:00 Lunch

1:30 – 2:45 pm Class and Questions

3:00– 4:00 pm 1st Kriya Meditation

Location for Initiation

Private home (details upon registration)

Questions or Registration

Please contact Ryan at 978-704-1008 or kriyayogaboston@gmail.com

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 Shriyuktेशwarji 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

