

WHAT IS KRIYA YOGA

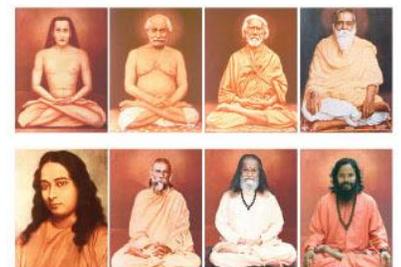
Kriya Yoga is an ancient method of living and meditation that cultivates body, mind, intellect, and awareness of the soul using powerful meditative and yogic disciplines. It helps us to experience the three divine qualities of light, vibration, and sound by using techniques of concentration, posture, 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

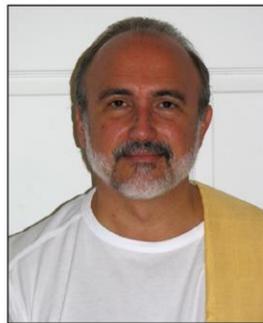


**THE ANCIENT, SCIENTIFIC  
 TEACHINGS OF KRIYA YOGA**

**Higher Kriya Retreat**

**Kriya Yoga Institute, Homestead, FL**

**Wednesday, March 07 – Sunday, March 11, 2018**



**Swami Atmavidyananda Giri, Yogacharya Suresh Kodolika,  
 & Yogacharya John Thomas Lopategui**

This Higher Kriya Retreat focuses on the higher levels of Kriya Meditation. It involves initiation to higher levels of Kriya Yoga for eligible kriyavans and the practice of the same for both newly initiated and already initiated kriyavans.

**Wednesday March 07**

5:30 am Meditation  
 7:30 Breakfast & Cleanup Seva  
 9:00 2<sup>nd</sup> Kriya Initiation  
 12:15 pm Lunch & Cleanup Seva  
 2:00 Self-Study & Contemplation  
 4:00 Q & A / Class  
 5:30 Break  
 6:00 Meditation  
 8:15 Dinner & Cleanup Seva  
 9:30 Retire

**Thursday, March 08  
 to Sunday, March 11**

5:30 am Meditation  
 7:30 Breakfast & Cleanup Seva  
 9:00 Class  
 10:30 Meditation  
 12:15 pm Lunch & Cleanup Seva  
 2:00 Self-Study & Contemplation  
 4:00 Q & A / Class  
 6:00 Meditation  
 8:15 Dinner & Cleanup Seva  
 9:30 Retire

**Registration**

Please register via email to [institute@kriya.org](mailto:institute@kriya.org) or online at [click here](#)  
 Click [this link](#) for a copy of the registration form.

This program is not open to all. Participants must already be initiated into second Kriya in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda. Those who would like to get initiated into second Kriya must first contact the Mother Center before registering for the retreat.