

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Charlotte, NC Mar 13-15, 2020



With

Yogacharya Durga Chanduri

	Friday, March 13
7:00 pm	Public Lecture, Free and open to all "100 Years of Yogananda Ji's Coming to West" Followed by Q&A and dinner
	Saturday, March 14
9 am – noon	Initiations into Kriya Yoga
noon - 1 pm	Lunch (provided)
4:00 – 6:00 pm	Overview of Techniques, Q&A
6:00 – 7:30 pm	Guided Meditation
8:00 – 9:00 pm	Dinner
	Sunday, March 15
8:00 – 9:30 am	Intensive Meditation
9:45 – 11:15 am	Q&A
11:15 am - noon	Guided Meditation
noon – 1:00 pm	Lunch (provided)
3:30 – 4:30 pm	Spiritual Discourse /Q&A
4.30 – 5.30 pm	Guided Meditation
5:30 pm	Close

Location (All three days)

Charlotte Kriya Yoga Center, 1110 Delacourt Lane, Matthews, NC 28104

Contact

Adesh Gupta at 704-743-6653 or info@charlotte.kriya.org to register for initiation or other inquiries.

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

