Kriya Yoga Institute - PO Box 924615 - Homestead FL 33092-46150

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# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Initiation Program - Rockville, Maryland

October 11–12, 2025



## with Swami Purnatmananda Giri

## Saturday, October 11, 2025

08:30 am – 12:15 pm	Kriya Yoga Introduction - Initiation Ceremony
12:15 pm – 01:00 pm	Lunch break (vegetarian lunch provided)
01:00 pm – 02:00 pm	Bookstore Browsing
02:00 pm – 04:00 pm	Meditation Technique Class
04:00 pm – 04:15 pm	Break
04:15 pm – 05:15 pm	Guided Meditation

## Sunday, October 12, 2025

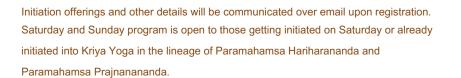
09:00 am – 10:30 am	Technique Review Class
10:30 am – 10:45 am	Break
10:45 am – 12:00 pm	Guided Meditation
12:00 pm – 01:30 pm	Lunch Break /Bookstore browsing
01:30 pm – 02:30 pm	Q&A, Spiritual Discussion
02:30 pm – 03:30 pm	Guided Meditation
03:30 pm – 04:00 pm	Closing Remarks - End of Program

## **Event Signup Link:**

### https://www.kriya.org/event-details/7738/en

Location: 13419 Ridge Dr, Rockville, MD 20850

For any questions, email baltimore-md@kriya.org





#### 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 Shriyukteshwarji and Paramahamsa 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



