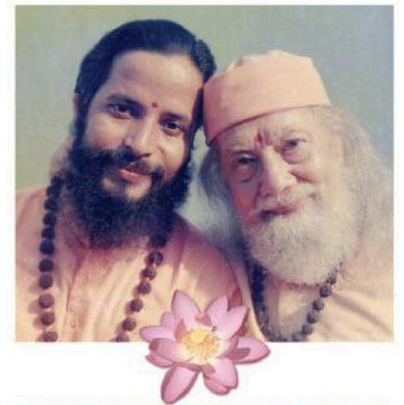


WHAT IS KRIYA YOGA

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.



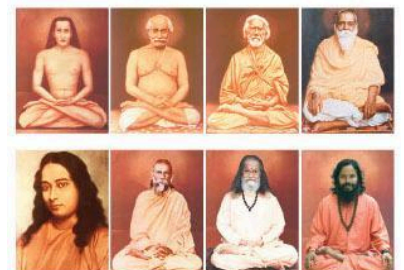
PARAMAHAMSA HARIHARANANDA
(1907-2002) - (photo on the right)

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 Shriyuktेश्वarji 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



KY1108000103(1008)ROCNY

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Falls Church, Virginia - July 18 –19, 2026



with

**Swami Vairagyananda Giri
& Swami Tapasyananda Giri**

Kriya Yoga is the universal spiritual discipline that crosses all boundaries to cultivate body, mind, and awareness of the soul. In this weekend session, we are offering the unique opportunity to learn more about it, as well as experience this sacred practice.

Saturday, July 18

08:30 am – 09:00 am Registration
09:00 am – 12:00 pm Kriya Yoga Initiation
12:00 pm – 02:00 pm Lunch, Book Browsing, Rest
02:00 pm – 04:00 pm Technique Class
04:15 pm – 05:30 pm Guided Meditation

Sunday, July 19

08:30 am – 09:30 am Guided Meditation
09:45 am – 11:15 am Technique Review
11:30 am – 12:30 pm Guided Meditation
12:30 pm – 02:00 pm Lunch, Book Browsing, Rest
02:30 pm – 03:30 pm Q&A Session
03:30 pm – 04:30 pm Guided Meditation

To register click on
<https://kriya.org/event-details/8845/en>

Email- fallschurch-va@kriya.org
Krishna - 703 203 8302, Niles - 202 922 9072
Location 2203 Westmoreland St, Falls Church,
VA 22043

