



### 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.



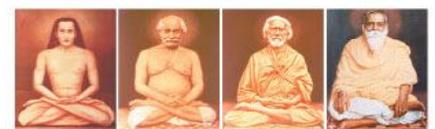
**PARAMAHAMSA HARIHARANANDA**  
(1907-2002) - (photo on the right)

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



# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

## Initiation Program-Falls Church, Virginia

October 5–6, 2024



with

**Yogacharya Suresh Kodolika**

&

**Yogacharya Niva Kodolika**

**Saturday, Oct 5, 2024**

08:30 am – 09:00 am	Kriya Yoga Introduction
09:00 am – 12:00 pm	INITIATION Ceremony
12:15 pm – 02:00 pm	Lunch Provided(vegetarian)
02:00 pm – 03:30 pm	Teachings of Kriya Yoga Technique
03:30 pm – 03:45 pm	Break
03:45 pm – 04:45 pm	Class / Q & A
04:45 pm – 05:45 pm	Guided Meditation

**Sunday, Oct 6, 2024**

09:30 am – 10:30 am	1 <sup>st</sup> Kriya Meditation
10:30 am – 11:30 am	Class / Q & A
11:30 am – 11:45 am	Break
11:45 am – 12:45 pm	Guided Meditation
12:45 pm – 01:15 pm	Final Q & A, Closing Remarks
01:15 pm	Lunch Provided(vegetarian)
02:15 pm	End of Program

To register click on <https://www.kriya.org/event-details/6986/en>



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

Initiation offerings and other details will be communicated over the email upon registration. Saturday and Sunday event is open to those getting initiated on Saturday or already initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.