

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 Shriyuktishwarji 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 - Ellicott City, Maryland March 16-17, 2024



Swami Chidrupananda



Swami Tapasyananda

Kriya Yoga: *The Ancient Science of Meditation* Weekend Initiation Program

Saturday, March 16, 2024

8:30 – 9:00 AM	Kriya Yoga - Introduction
9:00 – 12:00 PM	INITIATION ceremony
12:15 – 2:00 PM	Lunch Provided (vegetarian) - Bookstore Browsing
2:00 – 3:30 PM	Teachings of Kriya Yoga Technique
3:30 – 3:45 PM	Break - Bookstore Browsing (cash/check)
3:45 – 4:45 PM	Class / Q & A
4:45 – 5:45 PM	Guided Meditation

Sunday, March 17, 2024

8:30 – 9:30 AM	2 nd Kriya Meditation
9:30 – 10:30 AM	1 st Kriya Meditation
10:30 – 11:30 AM	Class / Q & A
11:30 – 11:45 AM	Break – Bookstore Browsing
11:45 – 12:45 PM	Guided Meditation
12:45 – 1:15 PM	Final Q & A, Closing Remarks
1:15 PM	Lunch Provided (vegetarian) - Bookstore Browsing
2:15 PM	End of Program

Location for (Saturday and Sunday Program)

3925 Gray Rock Drive, Ellicott City, MD 21042

To register for the weekend program:

Click on this link: <https://kriya.org/event-details/6962/en>

For questions, Email: baltimore-md@kriya.org

*Saturday & Sunday activities are for new and current initiates
in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.