



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

Irvine, California

October 31st – November 2nd, 2025



with

Yogacharya Sudeep Bharati

PUBLIC LECTURE: Friday, October 31st

7 – 8:30 pm Kriya Yoga: Pathway to Inner Transformation

Saturday November 1st

8:30 am – 9am Registration for Initiation
9 am - 12 pm Initiation Ceremony
12 pm – 2 pm Break for Lunch
2 pm – 4 pm Teaching of Techniques
4 pm – 5 pm Guided Meditation

Sunday November 2nd

9 am- 12pm Technique Review & Meditation
12 pm – 2 pm Break for Lunch
2 pm – 5pm Q & A, Discourse, Meditation

Location

Rasta Wellness, 611 S Harbor Blvd., Suite C, Anaheim, CA 92805

Contact

Mukunda Singh at (949) 257-7622 or info.irvine@kriya.org
to register for initiation or other inquiries

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