

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



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THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA Raleigh, NC Jan 30- Feb 1, 2026



Yogacharya- Swami Chidrupananda Giri

Friday, January 30

6:30 – 8:00 pm Public Lecture, **Free and Open to all**
“Kriya Yoga, the ancient science of breath and meditation”
Venue: The Forum by Taurya (4000 Bear Cat Way #100, Morrisville, NC 27560)

Saturday, January 31

8:30 am – Noon Kriya Yoga Initiation Ceremony
Noon – 1:30 pm Lunch (provided)
1:45 – 3:30 pm Overview of Technique, Q&A
3:45 – 4:45 pm Guided Meditation

Sunday, February 1

8:30 – 10:45 am Techniques overview
11:00 – Noon Guided Meditation
Noon – 1:30 Lunch (provided)
1:30 – 3:00 pm Q&A; Spiritual Discourse
3:15 – 4:15 pm Guided Meditation
4:30 pm Close

Location (Saturday & Sunday)

105 Westongate Way, Cary NC 27513

Contact

To register for initiation please visit www.kriya.org or contact Venkat Pedibhotla at Venkat.pedibhotla@gmail.com or Rama Tharacad at ana_rama@yahoo.com

Saturday & Sunday program is not open to the general public. It will be limited to only new initiates and to those already initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.

New initiates must be present on both days, Saturday and Sunday, to get full understanding of the Kriya Yoga technique