

Kriya Yoga Institute
PO Box 924615
Homestead FL 33092-4615



+1 305-247-1960
institute@kriya.org
www.kriya.org

the loving teachings of

KRIYA YOGA



With

Swami Sahajananda Giri

June 5th - 7th 2026

St Louis, MO

TENTATIVE SCHEDULE

Friday June 5th 2026

Public Lecture on Kriya Yoga (7 PM - 8 PM)

Topic: Know about the Sacred Kriya Yoga Meditation

**Location: The Hindu Temple of St. Louis (basement)
725 Weidman Road, St. Louis, MO 63011**

Saturday June 6th 2026

Agenda:

08:30 am - 09:00 am Registration
09:00 am - 12:00 pm Kriya Yoga Initiation
12:00 pm - 02:00 pm Lunch, Seva, Rest
02:00 pm - 04:00 pm Technique Class
04.15 pm - 05:30 pm Guided Meditation
Location: 15380 Squires Way Dr., Chesterfield, MO, 63017

Sunday June 7th 2026

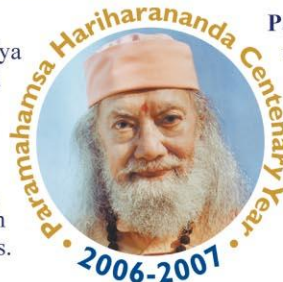
Agenda:

08:30 am - 10:30 am Technique Review
10:45 am - 12:00 pm Guided Meditation
Location: 15380 Squires Way Dr., Chesterfield, MO, 63017

01.00 pm - 02.30 pm Q&A Session
03.00 pm - 04.00 pm Guided Meditation
**Location: Ivy Chapel United Church of Christ,
620 N Woods Mill Rd, Chesterfield, MO 63017**

What is Kriya Yoga

In 1861, the immortal Mahavatar Babaji reintroduced Kriya Yoga, the ancient method of living and meditation. Kriya Yoga cultivates body, mind, and intellect using powerful meditative and yogic disciplines. It helps us to cultivate and observe the three divine qualities of light, vibration, and sound by using ancient techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness.



Paramahansa Hariharananda (1907-2002)

a great saint, taught the ancient science of Kriya Yoga, a non-sectarian meditative practice cultivating the body, mind, and soul. Filled with purity and love, he came from a long, unbroken line of masters, ultimately attaining the highest goal of a realized yogi, nirvikalpa samadhi, a conscious, breathless and pulseless state beyond physical limitations. A disciple of Swami Shriyuktेश्वर and Paramahansa Yogananda, Paramahansa Hariharananda spread Kriya Yoga to the East and West.