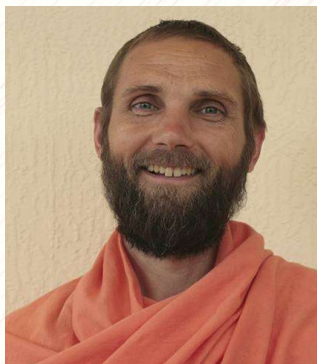


The Ancient, Scientific Teachings of

KRIYA YOGA

Atlanta, GA

March 6 to 8, 2026



with

Swami Chidrupananda Giri & Swami Sahajananda Giri

LOCATION

Coal Mountain Park Community Hall
3560 Settingdown Rd, Cumming, GA 30028



REGISTRATION CONTACTS

Phone: (404) 884-8384

Email: atlanta-ga@kriya.org

for details and registration please visit
<https://kriya.org/event-details/8753/en>



TENTATIVE SCHEDULE

Friday, March – 6th
7:00 - 8:30 PM Free Public Lecture – open to all
Scientific Teachings of Kriya Yoga

Saturday, March – 7th
8:30 - 12:00 PM Initiation for New Aspirants
12:00 - 2:00 PM Vegetarian Lunch
2:00 - 5:30 PM Technique Class / Guided Meditation

Sunday, March – 8th
8:30 - 12:00 PM Technique Review / Meditation
12:00 - 1:30 PM Vegetarian Lunch
1:30 - 4:00 PM Q & A session and Guided Meditation



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 Shriyuktेशwarji 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

