

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



THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA INITIATION



Location:
Dallas, TX

Date:
Apr 10 – 12 2026



Swami Sarvatmananda Giri

Yogacharya Kaushal Gokli

Schedule:

Friday, Apr 10

7:00 pm – 8:00 pm – Online Lecture via Zoom

Saturday, Apr 11

8:30 am – 9:00 am Registration

9:00 am – 12:00 pm Kriya Yoga Initiation*

12.00 pm – 2:00 pm Lunch/rest

2:00 pm – 4:00 pm Technique Class

4.15 pm – 5:30 pm Guided Meditation*

Sunday, Apr 12

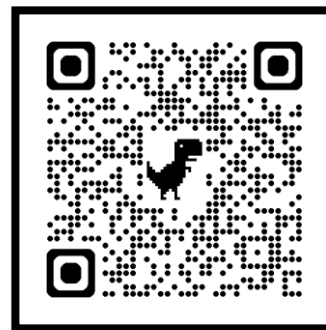
8:30 am – 10:30 am Technique Review

10:45 am – 12:00 pm Guided Meditation*

12.00 pm – 1:00 pm Lunch

1.30 pm – 3.30 pm Q&A Session

3.45 pm – 5.00 pm Guided Meditation*



[Click here to Register](#)

Contact

Kriya Yoga Dallas 214-542-6616
dallas-tx@kriya.org www.kriyayogadallas.org

Program Location

Premier Martial Arts – 14380 Marsh Lane, Addison TX 75001

*Kriya Yoga Initiation/Technique/Meditation may be attended only by Initiates in the lineage of Paramahansa Hariharananda - Paramahansa Prajñanananda. Participation in all sessions is required for the new initiates.