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THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Philadelphia / Pipersville, Pennsylvania

October 24 – 25, 2026



with Swami Vairagyananda Giri

Kriya Yoga is the universal spiritual discipline that crosses all boundaries to cultivate body, mind, and awareness of the soul. In this weekend session, we are offering the unique opportunity to learn more about it, as well as experience this sacred practice.

Saturday, October 24

08:30 am – 09:00 am Registration

09:00 am – 12:00 pm Kriya Yoga Initiation

12:00 pm – 02:00 pm Lunch, Book Browsing, Seva, Rest

02:00 pm – 04:00 pm Technique Class

04:00 pm – 04:15 pm Book Browsing, Bathroom Break

04:15 pm – 05:30 pm Guided Meditation

Sunday, October 25

08:30 am – 10:30 am Technique Review

10:30 am – 10:45 am Book Browsing, Bathroom Break

10:45 am – 12:00 pm Guided Meditation

12:00 pm – 01:30 pm Lunch, Book Browsing, Seva, Rest

01:30 pm – 02:30 pm Q&A Session

02:30 pm – 03:00 pm Book Browsing, Bathroom Break

03:00 pm – 04:00 pm 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, *lut*, is done by *ya*, the indwelling soul. It is a universal spiritual discipline that crosses all divisions and boundaries.



PARAMAHANSA 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 Shriyuktanandaji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

PARAMAHANSA PRAJNANANANDA
(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



BY ERODIER VERBOON



SCAN ME

To register, click on

<https://kriya.org/event-details/8916/en>

Email: philadelphia-pa@kriya.org

Oodaye Shukla - 610-392-6878 | Rushabh Gandhi - 215-275-0842

Location: Pipersville, PA

(exact address will be shared later after registration is confirmed)