

The Ancient, Scientific Teachings of KRIYA YOGA

St. Louis, MO

June 14th - 16th 2024



Swami Vairagyananda Giri Swami Tapasyananda Giri

With

Swami Vairagyananda Giri
Swami Tapasyananda Giri

Free Public Lecture

Topic: **Yoga: An art of living in
God Consciousness**

Date/Time: **Friday, June 14th** (7 PM - 8 PM)

Location: **The Hindu Temple of St. Louis**
(Temple Basement)

725 Weidman Road, St. Louis, MO - 63011

KRIYA YOGA INITIATION & GUIDED MEDITATION

June 15th (Saturday)

09:00 AM - 12:30 PM – Kriya Yoga Initiation Ceremony

02:00 PM - 05:00 PM - Technique Class & Guided Meditation*

Location: 15380 Squires Way Dr., Chesterfield, MO, 63017

June 16th (Sunday)

10:00 AM - 12.30 PM - Technique Review & Guided Meditation

Location: 15380 Squires Way Dr., Chesterfield, MO, 63017

Contacts:

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*Meditation and technique classes may be attended only by initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.



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 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

