



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.

KRIYA YOGA: THE ANCIENT SCIENCE OF MEDITATION

New York City

October 18 - 19, 2025



PUBLIC LECTURE

Sunday, October 12

Location: Still Mind Zendo

34 West 15th Street, 3rd Floor, New York, NY 10011

10:30am – 11:30am: Open to all

Swami Atmavidyananda

INITIATION & TRAINING PROGRAM

Saturday, October 18

Location: St. Paul's German Evangelical Lutheran Church

315 West 22nd Street, New York, NY 10011

8:30am – 12:30pm: Kriya Yoga Initiation Ceremony

2:00pm – 5:00pm: Technique Class & Guided Meditation

Sunday, October 19

Location: Still Mind Zendo

34 West 15th Street, 3rd Floor, New York, NY 10011

8:15am – 9:30am: 2nd Kriya Guided Meditation

9:30am – 12:00pm: Technique Review and Guided Meditation

1:30pm – 4:30pm: Q&A Session and Guided Meditation



FOR MORE INFORMATION

Please email newyorkcity-ny@kriya.org
for more information

SCAN TO REGISTER OR VISIT:

<https://kriya.org/event-details/7751>



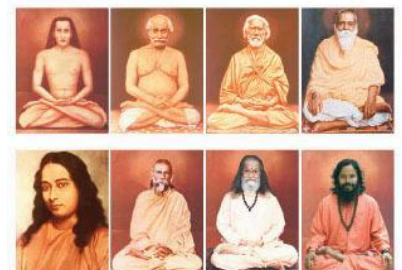
PARAMAHAMSA HARIHARANANDA
(1907-2002) - (photo on the right)

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 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



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