

### 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.



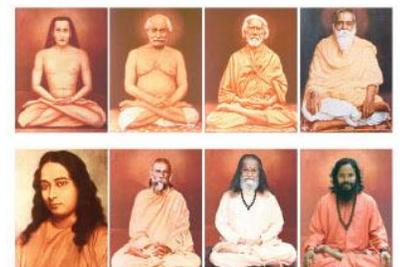
PARAMAHAMSA HARIHARANANDA  
(1907-2002) - (photo on the right)

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



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# THE ANCIENT TEACHINGS OF KRIYA YOGA

**Memphis, TN**  
**April 11 – 13, 2025**



**Yogacharya Richard Peterson**

**PUBLIC TALK (Free & Open to All)**

**“An Introduction to Kriya Yoga”**  
**Friday, April 11, 2025 07:00 pm – 8:30 pm**

**INITIATION SESSION\***

**Saturday, April 12, 2025**

**08:30 am – 09:00 am Registration**  
**09:00 am – 12:00 pm Kriya Initiation Ceremony**  
**12:00 pm – 02:00 pm Vegetarian Potluck Lunch**  
**02:00 pm – 05:30 pm Technique Class and Guided Meditation**

**Sunday, April 13, 2025**

**08:30 am – 12:00 pm Technique Review & Guided Meditation**  
**12:00 pm – 02:00 pm Vegetarian Potluck Lunch**  
**02:00 pm – 04:30 pm Q & A followed by Guided Meditation**

\* The Saturday and Sunday programs are limited to those getting initiated at this event and to those already initiated in the lineage of Paramahansa Hariharananda and Paramahansa Prajnānanda.

Please Register Online (Scan QR Code and Visit the following URL):

<https://kriya.org/online-registration/7713/en>

\*Once your registration is confirmed, we email you the details such as the location, the initiation offerings to bring, dress code and some links to read about Kriya Yoga.

#### Registration contact

(901) 626 3667 / (901) 786 4425

[memphis-tn@kriya.org](mailto:memphis-tn@kriya.org)



**Location of the workshop**  
**Collierville Banquet Hall (Aashiana)**  
**360 New Byhalia**  
**Collierville, TN 38017**