

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 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, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Nashville, TN
August 15 – 17, 2025



with

Swami Purnatmananda Giri

Schedule

Friday August 15 – 7:00 PM

An introduction to Kriya Yoga – Lecture and Q&A

Saturday August 16 – 8:30 AM till Noon

Kriya Yoga Initiation Ceremony

Saturday August 16 - 2:30 PM till 5:30 PM

Kriya Yoga technique class and guided meditation

Sunday August 17 - 9:00 till Noon and 2:30 PM till 4:30 PM

Technique review, Q&A and Guided meditations

Location

Laurelwood Community Club
601 Boyd Mill Ave
Franklin, TN 37064

Registration



Please contact Emily @ **(305) 968 9067** or email
Nashville-tn@kriya.org for enquiries.