

## THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

### Initiation Program - Ellicott City, Maryland March 14-15, 2026



With Swami Chidrupananda and Swami Sahajananda

#### Saturday, March 14, 2026

8:30 am – 9:00 am	Registration
9:00 am – 12:15 pm	Kriya Yoga Introduction - Initiation Ceremony
12:15 pm – 1:00 pm	Lunch break (vegetarian lunch provided)
1:00 pm – 2:00 pm	Bookstore Browsing
2:00 pm – 4:00 pm	Meditation Technique Class
4:00 pm – 4:15 pm	Break
4:15 pm – 5:15 pm	Guided Meditation

#### Sunday, March 15, 2026

8:30 am – 10:30 am	Technique Review
10:30 am – 11:00 am	Break
11:00 am – 12:00 pm	Guided Meditation
12:00 pm – 1:30 pm	Lunch Break/ Bookstore browsing
1:30 pm – 2:30 pm	Q&A, Spiritual Discussion
2:30 pm – 3:30 pm.	Guided Meditation
3:30 pm – 4:00 pm	Closing Remarks - End of Program

#### Event Signup Link:

<https://www.kriya.org/event-details/8758/en>

#### Location:

3925 Gray Rock Dr., Ellicott City, MD 21042

For questions, please email: [baltimore-md@kriya.org](mailto:baltimore-md@kriya.org)

Saturday & Sunday activities are for new and current 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 Shriyuktेश्वarji 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

