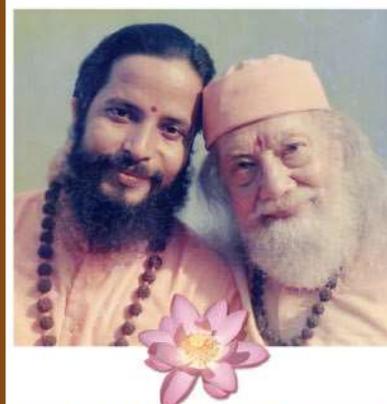




### WHAT IS KRIYA YOGA

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



# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

## Edison, NJ June 7-9, 2024



with

**Swami Purnatmananda Giri and Yogacharya John Williams**

**Friday, June 7**

**Free Public Talk at Bhakti Barn Yoga Studio,  
391, Millburn Ave, Millburn, NJ 07041  
6:30 PM- 8:00 PM**

Topic: Kriya Yoga- The Ancient Science of Meditation  
Donations for Public Lecture welcome

### Saturday, June 8

8.30 am Registration  
9:00 am-12:30 pm Kriya Initiation  
12:30 pm Vegetarian Lunch  
2:00 pm - 5:30 pm Technique Class & Guided Meditation

### Sunday, June 9

9:00 am - 10:45 am Technique Review and Q & A session  
11:00 am- 12:00 pm Guided Meditation  
12:00 Noon - Vegetarian Lunch  
2:00 pm - 3:30 pm Technique Benefits, Q&A session  
3:30 pm - 4:30 pm Guided Meditation

**Saturday/Sunday Location: 1079 Amboy Ave, Edison NJ 08837**



Scan for registration link

For further information: email [info.newjersey@kriya.org](mailto:info.newjersey@kriya.org),  
contact Mona at 973-220-9049 or Nalini at 929-483-3015

**Note:** Meditations & technique classes are open only to initiates in the lineage of Paramahansa Hariharananda, Paramahansa Prajnanananda and the authorized teachers of the Kriya Yoga Institute.