

### 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.



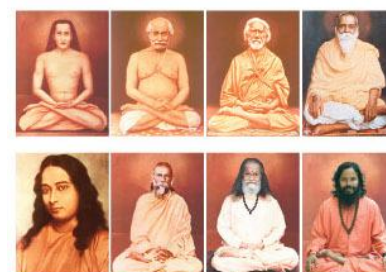
**PARAMAHAMSA HARIHARANANDA**  
(1907-2002) - (photo on the right)

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



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# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

## Intensive Program

**Pittsburgh, PA September 6-7th, 2025**



Kriya Yoga is the universal spiritual discipline that crosses all boundaries to cultivate body, mind, and awareness of the soul.

Learn more about 'Triple Qualities of Nature' from Swami Adhyatmanandaji, an advanced Kriya Yogi.

### Saturday, September 6, 2025

9:30 - 10:45 am Kriya Meditation for Initiated Kriyavans

11:00 - 12:00 pm Triple Qualities of Nature Part 1 (Open to all)

12:30 pm - Lunch (Vegetarian lunch provided)

2:30 - 3:30 pm Triple Qualities of Nature Part 2 (Open to all)

3:30 - 4:30 pm Kriya Meditation for Initiated Kriyavans

### Sunday, September 7, 2025

9:30-11:00 am Kriya Meditation for Initiated Kriyavans

11:15- 12:15 pm Triple Qualities of Nature Part 3 (Open to all)

12:30 pm - Lunch (Vegetarian lunch provided)

2:00 - 3:00 pm Q&A (Open to all)

3:00 - 4:00 pm Kriya Meditation for Initiated Kriyavans

### Location

Sonoma Ridge Clubhouse, Moon Township, PA 15108

### Contact & Registration

Vivek Ghai @ 412 719 0065 Zeb Homison @ 917 579 6607

Email: [Pittsburgh-pa@kriya.org](mailto:Pittsburgh-pa@kriya.org)

Registration <https://kriya.org/event-details/7755/en>

Those who are not Initiated in Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda should only attend Open part of the program on September 6th and 7th