



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.

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

SPECIAL PROGRAM

Pittsburgh, PA October 11th, 2026



Swami Purnatmananda Giri

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

Learn more about 'Science and Logic Of Kriya techniques' from Swami Purnatmananda ji, an advanced Kriya Yogi.

9 am – Opening Prayers

9.15 am – 10.45 am 1st Kriya Meditation for Initiated disciples

11 am – 12 pm Discourse on 'Science and Logic of Kriya techniques (Open to Public)

12 pm – 12:15 pm Q&A

12:15 pm General Meditation

12:30 pm Vegetarian Lunch

2 pm – 3 pm Discourse on 'Science and Logic of Kriya techniques (Open to Public) continued

3.15 pm – 4.45 pm 1st Kriya Meditation for Initiated disciples

4:45 pm – 5 pm Q&A and conclusion.

Location

Sonoma Ridge Club House,
4007 Duckhorn Drive,
Moon Township, PA 15108

Contact & Registration

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

Email: Pittsburgh-pa@kriya.org

Registration <https://kriya.org/event-details/8905/en>



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

