

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



KY1108000103(1008)ROCNY

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Rochester, NY

Public Lecture, Initiation
and Teaching of the Techniques by

Yogacharya David Strassner



May 5 – 7, 2023

7:00 pm Online Public Lecture followed by Q & A
Public Lecture via Zoom will be available to All

Weekend Program will be for Initiation
and the Teaching of the Kriya Yoga Techniques

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|-----------------|-------------------|---|
| Saturday | 9:00 am – 1:00 pm | Initiation into Kriya Yoga |
| | 1:00 pm – 3:00 pm | Potluck Lunch |
| | 3:00 pm – 5:00 pm | Teaching of the Techniques / Guided Meditation |
| Sunday | 9:00 am – 1:00 pm | Guided Meditation (1 st & 2 nd Kriya) / Technique Review & Benefits |
| | 1:00 pm – 3:00 pm | Potluck Lunch |
| | 3:00 pm – 5:00 pm | Spiritual Discourse, Q & A / Guided Meditation |

For those who are interested in taking initiation into Kriya Yoga, please register prior to the program and we will send you a link to join the Introductory Zoom Session, and also the location for the weekend program.

You can register by clicking [this link](#), sending an email to rochester-ny@kriya.org, or calling one of the contacts below.

Contacts

Karthi Sugunan at 585-224-6230 or Sucheta Tandon at 585-309-0624

The Sat/Sun program is not open to public. Participants must either already be initiated or be taking initiation into Kriya Yoga in the lineage of Paramahansa Hariharananda

and Paramahansa Prajñanananda

