

The Ancient Scientific Teachings of Kriya Yoga Meditation



Swami Purnatmananandaji Free Public Talk

Prescott * **Flagstaff** * **Sedona**
Dec. 7, 2022 **Dec. 8, 2022** **Dec. 9, 2022**

Unity Church
145 S. Arizona Ave.
Prescott, AZ 86303
Time: **6pm to 7pm**

East Flagstaff Library
3000 N. Fourth St. Ste.5
Flagstaff, AZ 86004

Time: **5:30pm to 6:30pm**

Sedona Community Center
2615 Melody Lane
Sedona, AZ 86336

Time: **7pm-8:30pm**

There will be a **Kriya Yoga Initiation on**
Saturday, Dec. 10th & Sunday, Dec 11th, 2022
Time: **8:30am-5:45pm** each day – (vegetarian lunch provided)
(Registration is required to attend the Kriya Initiation event)
Registration Contact:

Vasu Patel: 928-300-5460 & Kristina Adams: 719-849-8420

The Saturday and Sunday program is open to new and previous initiates of the Kriya Yoga lineage from 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 Shriyuktishwarji 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

