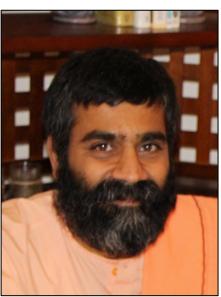
Kriya Yoga Institute - PO Box 924615 - Homestead FL 33092-46150 phone +1 305-247-1960 email institute@kriya.org website www.kriya.org

The Ancient Scientific Teachings of Kriya Yoga Meditation



Swami Purnatmananandaji

Public

Free

Prescott <u>Dec. 7, 2022</u>

Flagstaff Dec. 8, 2022

Sedona <u>Dec. 9, 2022</u>

Talk

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<u>Unity Church</u> 145 S. Arizona Ave. Prescott, AZ 86303 Time:**6pm to 7pm** East Flagstaff Library S 3000 N. Fourth St. Ste.5 Flagstaff, AZ 86004 Time: 5:30pm to 6:30pm

<u>Sedona Community Center</u> 2615 Melody Lane Sedona, AZ 86336 n Time: 7pm-8:30pm

There will be a <u>Kriya Yoga Initiation</u> on <u>Saturday, Dec. 10th</u> & <u>Sunday, Dec 11th, 2022</u> 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 Paramahamsa Hariharananda and Paramahamsa 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 Shriyukteshwarji and Paramahamsa 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



