

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.

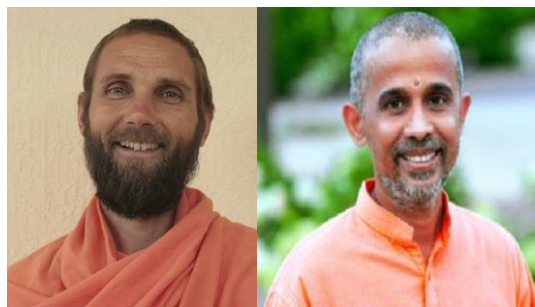
LINEAGE OF MASTERS



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THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Tampa, Florida * Jan 09 – Jan 11, 2026



with **Swami Chidrupananda Giri** and
Swami Vairagyananda Giri



Friday, January 9

7 – 8:30 pm Free public talk (open to all)
Kriya Yoga – The Ancient Science of Breath and Meditation

Saturday, January 10

8:30 – 9:00 am Registration for Initiation
9:00 – 12:15 pm Kriya Initiation
12:15 – 2 pm Lunch Break (Lunch will be provided)
2 – 5:30 pm Teaching of Techniques & Guided Meditation

Sunday, January 11

8:30 – 12 pm Techniques Review & Guided Meditation
12 – 01:30 pm Lunch Break (lunch will be provided)
01:30 – 4:30 pm Spiritual Discourse/Q & A, Meditation

Public Talk Location: Anand Vihar club house. 1115 Narmada way, Wesley Chapel, FL – 33543.

*Please note: Please scan the QR code for online registration or contact us for registration information. The exact location for Saturday and Sunday's event will be provided after your registration is confirmed.

Contact: (617) 640-0078 * Email: tampa-fl@kriya.org

*****For information on Kriya Yoga initiation you can also visit: www.kriya.org*****

Saturday & Sunday program is not open to the general public. It will be limited to only new initiates and to those already initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.

New initiates must be present on both days, Saturday and Sunday, to get full understanding of the Kriya Yoga technique.