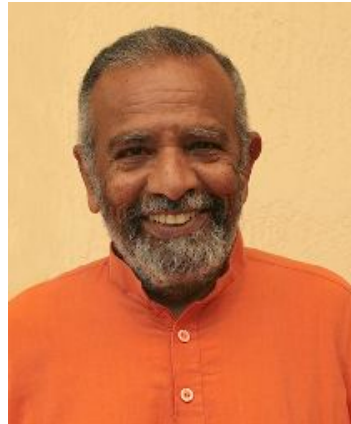


WHAT IS KRIYA YOGA

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

Cleveland, Ohio June 7 – 9, 2019



with **Yogacharya Bhadrayu Pandya**
and **Swami Matrukrupananda**

Friday, June 7th

7 pm – 9 pm Public Lecture – “Finding Inner Peace and Happiness”

Location: Unity Spiritual Center, 23855
Detroit Road, Cleveland, Ohio 44145

Saturday, June 8th

8:30 - 12:30pm Kriya Initiation
3 - 5 pm Technique Teaching
5:30 – 6:30 pm Kriya Meditation

Sunday, June 9th

8:30 – 10:30 am Technique Review
10:45 – 12:15 pm Meditation
2 – 4:30 pm Discourse and Q&A
5 – 6 pm Kriya Meditation



location (Saturday and Sunday only)

19640 Misty Lake Dr. Strongsville, OH 44136

registration

Navya Gundapaneni navyagundapaneni@gmail.com, 440.572.2084

Brian Paquette tiskismet@gmail.com, 440.715.0960

Amit Kanodia 330.329.1275

Note: Meditations and technique classes may be attended only by initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.



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 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

