

FIND PEACE, LOVE AND JOY THROUGH THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Madison, WI Sept 5 - 7, 2014



Yogacharya Suresh Kodollikar
Brahmachari Kriyananda

Friday, Sept 5

6 - 8 pm Free public lecture (Open to all)

Topic: KRIYA YOGA : Practical Pathway for meaningful life
Location: Sikh Temple, 6970 Century Ave, Middleton, WI 53562

Saturday, Sept 6

9:00 am – 12:00 pm	Kriya Yoga Initiation
12:00 pm – 2:00 pm	Vegetarian lunch and rest
2 pm – 3:30 pm	Meditation Technique class
4 – 5 pm	Guided Meditation

Sunday, Sept 7

9:00 am – 10:30 pm	Guided meditation
11:00 am – 12:00 pm	Guru Paduka puja
12:00 pm – 2:00 pm	Vegetarian lunch and rest
2 pm – 3:30 pm	Technique review/Class/Q&A
4 – 5 pm	Guided Meditation

Location for Saturday and Sunday

Please contact
Nandini Iyer

Phone: (608) 848-3844. **Email** nandinirajaram@hotmail.com

Meditation and technique classes on Saturday and Sunday may be attended only by initiates in the lineage of 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 Shriyuktेशwarji 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

