

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Kansas City, Oct. 15 to Oct. 17, 2010



Yogacharya Durga Chunduri Yogacharya Richard Peterson

Free Public Lecture

Kriya Yoga, Path to Happiness

Friday, Oct. 15, 2010 7.30 PM to 8.30 PM

Unity Village (Garden Room)

<http://www.unity.org/aboutunity/unityVillage/directions.html>

Only limited seats available. Reservation requested.

KRIYA YOGA INITIATION & GUIDED MEDITATION

Friday, Oct. 15	5:00 PM – 6:00 PM	Meditation
Saturday, Oct. 16	6:00 AM – 7:30 AM	Meditation
	8:30 AM – Noon	Kriya Yoga Initiation
	Noon – 1:30 PM	Potluck lunch
	3:00 PM – 5:00 PM	Technique Class for new initiates
	5:15 PM – 6:30 PM	Meditation
Sunday, Oct. 17	8:30 AM – 9:45 AM	Meditation (1st & 2nd Kriya)
	10:00 AM – Noon	Technique Review & Meditation
	3:00 PM – 4:00 PM	Discourse
	4.15 PM – 5:30 PM	Meditation

Location 5444 W 129th Ter, Leawood, KS 66209

This weekend program is not open to the public. Participants must already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.

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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



KY11 080001 03 (1008) ROCNY