

Deepening your meditation practice in

KRIYA YOGA

New York City
February 20, 21 & 22, 2009



A weekend with

**Yogacharya David Strassner &
Yogacharya John Williams**



Friday, February 20 **Talk & Meditation For Initiates**
7:00-9:00 p.m.
Still Mind Zendo
37 West 17th Street, NY, 6th FL, (bet. 5 & 6 Av.)
Donation \$10

Saturday & Sunday, February 21 & 22 **Saturday & Sunday**
Feldenkrais Institute
134 W 26th St New York, NY, 2nd FL (bet. 6 & 7Av.)

There is a \$25
donation for
each day's
attendance on
Saturday and
Sunday

9:30 - 10:30 a.m. – 2nd Kriya Meditation
10:30 - 12:00 a.m. – Meditation
12:00 - 2:00 p.m. – Lunch Break
2:00 - 2:30 p.m. – Q & A
2:30 - 3:30 p.m. – Meditation
3:30 - 3:45 p.m. – Break
3:45 - 4:45 p.m. – Meditation

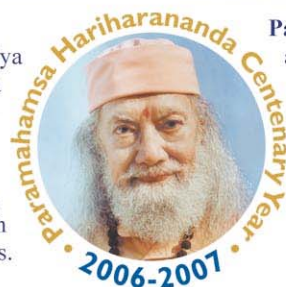
Both Yogacharya David Strassner & Yogacharya John Williams are long time disciples of Paramahansa Hariharananda and both are authorized to initiate and teach students Kriya Yoga. Their experience in keeping a meditative practice amidst the everyday pressures of daily life will provide guidance and insight for maintaining and deepening your Kriya Yoga meditation practice.

The space has a beautiful hardwood floor so please bring a cushion or mat to sit on.
Please mark you calendars and save these dates.

This meditation program is open **ONLY** to disciples initiated by Paramahansa Hariharananda/ Paramahansa Prajnanananda or their authorized representatives of Kriya Yoga Institute. For information about taking initiation and learning Kriya Yoga before this program please call 201-294-5086 for more information. Visit: www.nyckriya.org email: nyckriya@nyckriya.org

What is Kriya Yoga

In 1861, the immortal Mahavatar Babaji reintroduced Kriya Yoga, the ancient method of living and meditation. Kriya Yoga cultivates body, mind, and intellect using powerful meditative and yogic disciplines. It helps us to cultivate and observe the three divine qualities of light, vibration, and sound by using ancient techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness.



Paramahansa Hariharananda (1907-2002)

a great saint, taught the ancient science of Kriya Yoga, a non-sectarian meditative practice cultivating the body, mind, and soul. Filled with purity and love, he came from a long, unbroken line of masters, ultimately attaining the highest goal of a realized yogi, nirvikalpa samadhi, a conscious, breathless and pulseless state beyond physical limitations. A disciple of Swami Shriyuktेश्वar and Paramahansa Yogananda, Paramahansa Hariharananda spread Kriya Yoga to the East and West.