



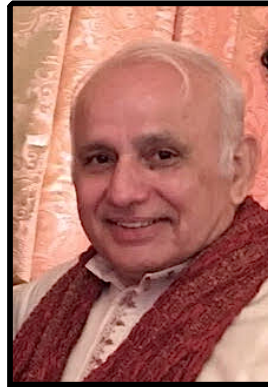
THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA MEDITATION

Austin, TX

February 22-24 2019



Yogacharya David Strassner



Yogacharya Dr. Parakshit Pandya



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



Friday February 22

7:00 pm Public Lecture Open to All
Casa De Luz Auditorium
1701 Toomey Road Austin 78704
Love offerings are always welcome

Saturday February 23 **

8:30 am – noon Initiation

12:30 – 1:30pm Vegetarian Potluck hosted by Austin Center

3:00 – 4:00 pm Technique Class

4:15 - 6:15 pm Spiritual Discourse + Guided Meditation **

Sunday February 24**

10:00 – 12:30 pm Technique Review & Meditation**

12:30– 1:30 pm Vegetarian Potluck hosted by Austin Center

3:00 – 5:30 pm Spiritual Discourse + Guided Meditation **

Location: Saturday & Sunday @ Austin Kriya Yoga Center

The Little House of Love

1 Pillow Rd Austin TX 78745

Pink House at corner of Pillow and Jones

Park across Jones at elementary school

Register for Initiation: in person at Friday night lecture or via email
Initiation/what to bring: <http://austinkriya.wordpress.com/kriya-initiation>

****Sat & Sun** may be attended only by those taking initiation or those already initiated in the lineage of Paramahansa Hariharananda & Paramahansa Prajñanananda.

Austin Kriya Yoga Center 512.785.7167 email: info@austin.kriya.org

<https://www.facebook.com/austinkriyayoga> & Blog <http://austinkriya.wordpress.com>