

# THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**Boston, June 12-14, 2009**

[www.bostonkriya.org](http://www.bostonkriya.org)



with

**Swami Atmavidyananda Giri  
Yogacharya Durga Chunduri**

## Friday, June 12

**7pm - 9 pm** Public lecture open to all  
*Kriya Yoga: The Ancient Science of Meditation*

## Saturday, June 13

9 am – noon Initiation  
3:30 – 5:30 pm Mediation techniques, Q&A  
6:00 – 7:00 pm Spiritual discourse  
7:00 – 8:00 pm Meditation

## Sunday, June 14

9:30 am – 11:00 am Review of Mediation techniques  
11:00 am – noon Meditation  
4:00 – 5:00 pm Spiritual discourse  
5:30 – 6:30 pm Meditation

## Location

Pranapower Yoga Studio  
585 Mass Ave, 2nd floor (2R on elevator)  
Central Square, Cambridge  
Redline Subway(T) – Station: Central Square

## Contact

Ryan McCarthy : (978) 640-5895 – [kriyainfo@bostonkriya.org](mailto:kriyainfo@bostonkriya.org)

Sarat Swain : (781) 771-7488 – [kriyainfo@bostonkriya.org](mailto:kriyainfo@bostonkriya.org)

## 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

