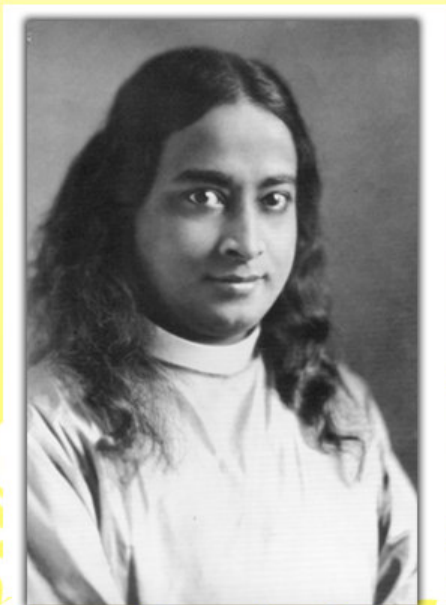




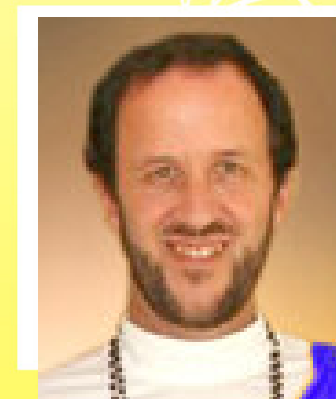
Ananda Online Classes

Learn Meditation, Yoga and Spiritual Living



Welcome to our webinar

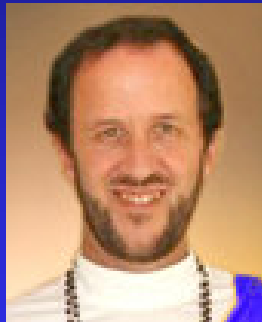
You are automatically muted
There will be time for Questions
Recording & Presentation
Video may look distorted
Poll questions & Survey



Offered by Ananda Online Classes.org

Intro to Kriya Yoga Satsang

with Nayaswami Devarshi



- Head of the Ananda Kriya Sangha
- 33 years of daily kriya yoga practice

What is Kriya Yoga?



- A complete spiritual path
- A technique to accelerate spiritual growth
- Based on the science of Kriya Yoga

Benefits of Kriya Yoga Practice



- Pranayama, or control of life force
- Deeper & easier meditation
- Divine Joy

The Path of Kriya Yoga



Includes four techniques:

- energization exercises
- hong-sau technique
- Aum technique
- Kriya technique

Along with discipleship to the Kriya line of gurus.

Steps to Kriya Yoga



1. Lessons in Meditation
2. Art and Science of Raja Yoga
3. Lessons in Discipleship
4. Preparation for Kriya Yoga
5. Initiation into the Kriya technique

All available through AnandaOnlineClasses.org

Quotes about Kriya



“The after effects of Kriya bring with them the utmost peace and bliss. The joy that comes with Kriya is greater than the joys of all pleasurable physical sensations put together.”

--Paramhansa Yogananda

Questions

IF TRAIN A LEAVES BOSTON AT 9:27 PM
HEADING WEST AT 173 MPH AND TRAIN B
LEAVES MILWAUKEE AT 10:38 AM HEADING
EAST AT 123 MPH WITH A STEADY
NORTH WIND BLOWING AT 17 MPH,
HOW LONG WILL IT TAKE YOU
TO FIND ANOTHER JOB?



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Another layoff at the textbook publishing company.



Upcoming Webinar:

Intuition & Meditation w/Nayaswami Devi

Thursday, April 29th, 6pm PST



- Devi has over 40 years of meditation practice
- Founding member of Ananda Sangha
- Co-Spiritual Director for Ananda Worldwide
- Editor: *Intuition for Starters*; Author: *Faith is my Armor*

Further Support

- Web: AnandaOnlineClasses.org
- www.kriya-yoga.org
- Email: kriyayoga@ananda.org
- Phone: 530-478-7624
- Ask Ananda's Experts: Ananda.org/Ask