



Hatha Yoga, pronounced [ˈɦaʈʰa] in Hindi, is also known as Hatha vidya or the "science of Hatha" yoga.

The word Hatha comes from combining the two Sanskrit terms "ha" meaning sun and "tha" meaning moon. The word "ha" refers to the solar nadi (pingala) in the subtle body and "tha" the lunar channel (Ida). However, when the two components of the word are placed together, "Hatha" means "forceful", implying that powerful work must be done to purify the body. Yoga means to yoke, or to join two things together, hence Hatha yoga is meant to join together sun (masculine, active) energy with the moon (feminine, receptive) energy, thus producing balance and greater power in an individual.

Hatha represents opposing energies: hot and cold (fire and water, following similar concept as yin-yang), male and female, positive and negative. Hatha yoga attempts to balance mind and body via physical postures or "asana", purification practices, controlled breathing, and the calming of the mind through relaxation and meditation. Asanas teach poise, balance and strength and are practiced to improve the body's physical health and clear the mind in preparation for meditation in the pursuit of enlightenment. Kriya Yoga is a gentle, skillful and balanced approach to life, a way of conscious and creative living. It is methodology of self-reliance, self-discipline and self-inquiry. It is a pathway to Wisdom, a mature self-directed inquiry into the nature of you, your life and the universe in which you dwell. It is a system for awakening a direct experience which expands the horizon of your awareness and cultivates greater joy and freedom.

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Sri Goswami Kriyananda is the Spiritual Preceptor of the Temple of Kriya Yoga. He carries the flame of the Kriya Yoga Lineage through the mystical Teachings of his Guru, Sri Shelliji, who is a direct disciple of Paramhansa Yogananda. Sri Goswami has been guiding seekers along the path toward enlightenment for over 65 years.

Kriya offers you a system for experiencing a transformation in consciousness, which enriches your life on every level: spiritually, mentally and physically. Thousands have been inspired by Sri Goswami to awaken their minds to knowledge, their hearts to kindness, and

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