

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 Shriyuktेशwarji 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.

Yogacharya John Williams (teacher of the program)

Yogacharya John Williams encountered Paramahansa Hariharananda on the street in New York City in the 1980's and took Kriya Yoga initiation from him later that day. He has been a faithful student since that first encounter. Born in Jamaica, John Williams is a successful art director and manages his own business. He is the resident Yogacharya for the New York City Kriya Yoga Center, and travels throughout the USA teaching and initiating.

THE ANCIENT, SCIENTIFIC TEACHINGS KRIYA YOGA


Toronto, April 12-14, 2013

Venue:
35 Bales Avenue,
Toronto, M2N 7L6

(The building is on the south-east corner of Yonge and Sheppard.)

Directions

From the TTC:

Exit at Sheppard station on the Yonge subway line. Take the exit for Poyntz Ave. Walk south on Yonge street towards Johnston Ave/Glendora. Turn left at Glendora. Then turn left at Bales Ave.

From the West:

Take 401 East, exit at Yonge street, continue on Yonge street north, turn first right at Avondale Ave then turn first left at Bales Ave.

From the East:

Take 401 West, exit at Yonge street, continue on Yonge street north, turn first right at Avondale Ave then turn first left at Bales Ave.

Parking: Underground parking available. After you reach the building you may halt the vehicle for 5 minutes and ask the concierge at the entrance of the building to open the underground garage door. Parking is also available on the side streets around 35 Bales Avenue.

Please mention to the concierge that you have come for the meditation program at '35 Bales party room'.

Accommodation:

Two guest suites are available in the building on first-come-first serve. Cost: \$140 for two nights/ \$90 for one night. Not more than 2 guests allowed per suite

LINEAGE OF MASTERS OF KRIYA YOGA

