

## THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

**May 16, 17, 18, 19, 2013**



**with**  
**Swami Atmavidhyananda Giri**

Day & Date : Thursday, May 16, 2013  
 Time: 7:00PM-8:30PM  
 Public lecture : Kriya Yoga: Solutions to all Modern Day Problems  
 For: Open to ALL  
 Donation: Not required  
 Venue: Western Washington University  
 Viking Union room # 462  
 516 High street , Bellingham WA 98225

Contact: **Diana or Rod at 360-733-5211**

Day & Date : Friday , May 17, 2013  
 Time: 6:30PM-8:30PM  
 Public Lecture : Kriya Yoga: Royal Path to Ultimate Bliss  
 For: Open to ALL  
 Donation: Not required  
 Venue for Ojus Ayurveda and Yoga  
 Fri/Sat/Sun: Unit 201-12725 80 Ave Surrey, BC V3W 3A6  
 Contact: **Sadhna-604-719-8111 / [sadhnakarigar@yahoo.com](mailto:sadhnakarigar@yahoo.com)**

Day & Date : Saturday, May 18, 2013  
 Registration & Initiation 10:00 AM- 02:00 PM  
 Lunch: 02:00 PM-03:30 PM (Pure Vegetarian Lunch will be provided)  
 Question-Answer Technique review & Guided Meditation 03:30-06:00 PM  
 For: All new seekers who are interested in learning Kriya Yoga by getting initiation in the lineage of Paramhansa Hariharananda and Paramhans Prajananda and all Kriyabaans already initiated  
 Offerings: 5 different fruits symbolizing the fruits of your actions + 5 flowers symbolizing five senses + \$250 representation of your gross, astral and casual bodies  
 For already Initiated: \$30 for both days

Day & Date : Sunday, May 19, 2013  
 Technique review & Guided meditation 09:00 AM- 01:00 PM  
 Lunch: 01:00 PM-02:30 PM ( Pure Vegetarian Lunch will be provided)  
 Benefits of Kriya, Guided Meditation/ 02:30-05:00 PM  
 For: All Initiates of Paramhans Hariharananda and Paramhans Prajananda lineage

**Note: Pl. bring Yoga Mat/cushion/pillow/blanket. Chairs are available if needed.**

### 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 Shriyukteshwarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

### PARAMAHAMSA PRAJNANANDA

(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

