Kriya Yoga Institute - P.O. Box 924615 - Homestead, FL 33092-46150 phone: +1.305.247.1960 email: institute@kriya.org Website: www.kriya.org

## THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA May 16, 17, 18, 19, 2013



with Swami Atmavidhyananda Giri

Thursday, May 16, 2013 Day & Date :

Time: 7:00PM-8:30PM

Public lecture: Kriya Yoga: Solutions to all Modern Day Problems

Open to ALL For: Donation: Not required

Western Washington University Venue:

Viking Union room # 462

516 High street, Bellingham WA 98225

Contact: Diana or Rod at 360-733-5211

Day & Date: Friday, May 17, 2013 6:30PM-8:30PM Time:

Kriva Yoga:Royal Path to Ultimate Bliss Public Lecture:

Open to ALL For: Donation: Not required

Venue for Oius Ayurveda and Yoga

Fri/Sat/Sun: Unit 201-12725 80 Ave Surrey, BC V3W 3A6

Contact: Sadhna-604-719-8111 / sadhnakarigar@yahoo.com

Day & Date: Saturday, May 18, 2013 Registration & 10:00 AM- 02:00 PM

Initiation

02:00 PM-03:30 PM(Pure Vegetarian Lunch will be provided) Lunch:

**Question-Answer** Technique review &

**Guided Meditation** 03:30-06:00 PM

All new seekers who are interested in learning Kriya Yoga by For:

> getting initiation in the linage of Paramhansa Hariharananda and Paramhans Prajananda and all Kriyabaans already initiated

5 different fruits symbolizing the fruits of your actions +

Offerings: 5 flowers symbolizing five senses

+ \$250 representation of your gross, astral and casual bodies

01:00 PM-02:30 PM( Pure Vegetarian Lunch will be provided)

For already Initiated: \$30 for both days

Day & Date: Sunday, May 19, 2013 Technique review & 09:00 AM- 01:00 PM

**Guided meditation** 

Lunch:

Benefits of Kriya,

Guided Meditation/ 02:30-05:00 PM

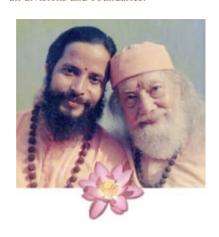
For: All Initiates of Paramhans Hariharananda and Paramhans

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 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 Paramahamsa Yoganandaji, he spread Kriya Yoga to the East and West.

## **PARAMAHAMSA PRAJNANANANDA**

(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.



