

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA



with

Swami Atmavidyananda Giri

FREE PUBLIC LECTURES (Open to all)
May 16, 2013 and May 17, 2013

BELLINGHAM – THURSDAY MAY 16, 2013

“Kriya Yoga – Solution to Modern Day Problems”

Western Washington University

Viking Union Room 462 – 516 High Street - 7.00 PM to 9.00 PM

For information or directions contact: Diana or Rod 360–733–5211

SURREY BC, CANADA – FRIDAY MAY 17, 2013

“Kriya Yoga – Royal Path to Ultimate Bliss”

Location: Ojus Ayurveda & Yoga Center

Unit 201-12725 80th Ave. Surrey, BC V3W 3A6

6:30 PM to 8:30 PM

For information contact: Sadhna 604–719–8111

Please bring a yoga mat/cushion/pillow/blanket. Chairs available if needed.

KRIYA YOGA INITIATION PROGRAM

May 18 and May 19, 2013

Location: Ojus Ayurveda & Yoga Center, Surrey, BC

Please attend one of the public lectures if you wish to receive initiation into Kriya Yoga. For the Initiation program attendance is required Saturday and Sunday to receive initiation and fully learn the Kriya Yoga techniques. Vegetarian lunch will be provided. Further information regarding the Initiation program will be available at the public lectures or can be found at www.kriya.org.

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 Shriyuktेश्वarji 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.

LINEAGE OF MASTERS

