



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 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.

LINEAGE OF MASTERS



THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Toronto, September 13 to 15, 2013



with

Yogacharya Bhadrayu Pandya
&
Yogacharya Srinidhi Baba

Friday, Sept 13, 2013

7 pm - 9 pm

Public Lecture open to all
Kriya Yoga, the ancient and sacred path of
meditation
Donation: \$10 for all

Saturday, Sept 14, 2013

9 am - 1 pm

Kriya Initiation for new aspirants (Please arrive
on time for registration)

1 - 2:30 pm

Lunch break

2:30 - 5:00 pm

Detailed explanation of techniques, guided
meditation

Donation: For Initiation- \$180

For already initiated - \$30

Sunday, Sept 15, 2013

9.45 am - 1 pm

Technique review and guided meditation

1 - 2:30 pm

Lunch break

2:30 - 4:00 pm

Q & A, teachings and guided meditation

Donation: \$ 30 for all

Location

Contact

35 Bales Ave., Toronto, M2N 7L6

Please RSVP if you plan to attend

kriya.toronto@gmail.com

or

Derek (647-343-7379)

Mamta (416-824-2992)

Important Information

- To be initiated, you should attend the public lecture.
- An offering will be required from each person being initiated. On Saturday morning please bring 5 fruits symbolizing the fruit of your actions and 5 flowers, which represent the five senses. Your cash donation represents the causal, astral and gross bodies.
- Meditation and technique classes on Saturday and Sunday may be attended only by initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnānanda.
- Remember to bring a cushion and/or blanket for meditations. Chairs will be made available for those who need them.