

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 Shriyuktishwarji 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



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THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

“Causes of misery and their elimination”

Swami Atmavidyananda Giri

Toronto, October 25-27, 2013



Participants must already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.

Friday, Oct 25

- 7:00 - 8:00 pm Introduction to the topic “Causes of misery & their elimination”
8:00 - 9:00 pm Meditation

Saturday, Oct 26

- 9:00 - 10:30 am Meditation
10:30 - 10:45 am Break
10:45 - 11:45 am “Causes of misery & their elimination”
11:45 - 1:15 pm Potluck Lunch & Cleanup
1:15 - 2:00 pm One on One Private Appointments with Swamiji*
2:00 - 3:00 pm “Causes of misery & their elimination”
3:00 - 3:15 pm Break
3:15 - 4:15 pm Q & A
4:15 - 4:30 pm Break
4:30 - 6:00 pm Meditation

Sunday, Oct 27

- 10:00 - 11:15 am Meditation
11:15 - 11:30 am Break
11:30 - 12:45 pm “Causes of misery & their elimination”
12:45 - 2:00 pm Potluck Lunch & Cleanup
2:00 - 2:30 pm One on One Private Appointments with Swamiji*
2:30 - 3:15 pm “Causes of misery & their elimination”
3:15 - 3:30 pm Break
3:30 - 4:00 pm Q & A
4:00 - 4:15 pm Break
4:15 - 5:15 pm Meditation

* See Derek Baba or Mamta Ma for setting up appointments