

### 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



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## THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA



With

**Yogacharya Suresh Kodollikar and Brahmachari Kriyananda**

### Friday, March 28, 2014

7 pm - 9 pm

Public Lecture open to all  
Kriya Yoga, the ancient and sacred path of meditation

### Saturday March 29, 2014

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

### Sunday March 30, 2014

9 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

**There are no charges for those already initiated. Love offerings are welcome.**

### Location

Regency Medical Center, Suite 111- 2737 Keele Street, Toronto, M3M 2E9

### Contact

Please RSVP if you plan to attend

[kriya.toronto@gmail.com](mailto:kriya.toronto@gmail.com) or

Derek (647 343 7379)

Mamta (416 824 2992)

### Important Information

- Meditation and technique classes on Saturday and Sunday may be attended only by initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.
- 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.
- To be initiated, you should attend at least one lecture. New initiates are expected to attend three meditation sessions.
- Remember to bring a cushion and/or blanket for meditations. Chairs will be made available for those who need them.