

## “Means of attaining perfection in yoga”



With

**Swami Atmavidyananda Giri and Yogacharya Suresh Kodoliar**

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

### Friday, October 31, 2014 (suggested donation: \$10)

7 pm - 8 pm Intro to “Means of attaining perfection in yoga”  
8 pm - 9 pm Meditation

### Saturday, November 01, 2014 (suggested donation: \$50)

9:00 am – 10:30 am Meditation  
10:30 am– 10:45 am Break  
10:45 am – 11:45 am “Means of attaining perfection in yoga”  
11:45 am – 1:15 pm Potluck lunch and cleanup  
1:15 pm – 2:00 pm One on one private appointments with Swamiji  
2:00 pm – 3:00 pm “Means of attaining perfection in yoga”  
3:00 pm – 3:15 pm Break  
3:15 pm – 4:15 pm Q &A  
4:15 pm – 4:30 pm Break  
4:30 pm – 6:00 pm Meditation

### Sunday, November 02, 2014 (suggested donation: \$50)

9:00 am – 10:15 am Meditation  
10:15 am– 10:30 am Break  
10:30 am – 11:45 am “Means of attaining perfection in yoga”  
11:45 am – 1:00 pm Potluck lunch and cleanup  
1:00 pm – 1:30 pm One on one private appointments with Swamiji  
1:30 pm – 2:15 pm “Means of attaining perfection in yoga”  
2:15 pm – 2:30 pm Break  
2:30 pm – 3:15 pm Q &A  
3:15 pm – 3:30 pm Break  
3:30 pm – 5:00 pm Meditation

**Location:** 29 Regal Pine Court, Maple, ON, L6A 2M5

**Contact:** Please RSVP if you plan to attend- [kriya.toronto@gmail.com](mailto:kriya.toronto@gmail.com) or

Derek (647 343 7379) or Mamta (416 824 2992)

### 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

