

## THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA September 12 -14, 2014



with

**Yogacharya John Williams**

**September 12, 2014**  
**Friday**  
**5:30-6:30 PM**

**Public Lecture , Open to All**  
**Kriya Yoga: The scientific process of soul**  
**culture and the royal path to Self-realization**

**September 13, 2014**  
**Saturday \***  
**9:00-10:00 AM**  
**10:00AM - 1:00PM**

**Registration**  
**Initiation\***  
**(Donations and offerings required )\*\***  
**Lunch Break**  
**Detailed explanation of technique and guided**  
**Meditation**

**1:00PM – 2:30PM**  
**2:30 PM – 5:00 PM**  
**September 14, 2014**  
**Sunday\***  
**9:00AM-1:00PM**  
**1:00PM – 2:30PM**  
**2:30 PM – 5:00 PM**

**Technique review and Guided Meditation**  
**Lunch Break**  
**Q & A , Teachings, Guided Meditation**

**Venue : Unit #12-8473, 124<sup>th</sup> Street, Surrey, BC V3W 5Y5**  
(Parking place available and is free for attendees)

**Contact: Sadhna or Kailash**  
**604-719-8111,**

[vancouver.kriya@gmail.com](mailto:vancouver.kriya@gmail.com)

(If you are already initiated into this lineage of Kriya Yoga previously ,  
attend the whole event for free)

### Important Information

- \* Saturday and Sunday events are open to only those seekers who are willing to be initiated on Saturday morning or who have already been taken initiation into Kriya lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda previously.
- \*\*An offering will be required from each new person being initiated. On Saturday morning. Please bring 5 fruits(same or different kind) symbolizing the fruit of your actions and 5 flowers(same or different kind) which represent the five senses. Your cash donation(\$180) 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.
- You can also bring a cushion and/or blanket for meditations. Chairs will be available for those who need them.



### 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 PRAJNANANANDA

(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

