

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA JUNE 19-21, 2015



with
Yogacharya Richard Peterson

June 19, 2015; Friday
6:15 -7:45 PM

Public Lecture, All are welcome!
Introduction to Kriya Yoga
Venue :

Dr. Ambedkar Room (Room 418)
City Centre Library
10350 University Dr.
Surrey, BC V3T 4B8

June 20, 2015; Saturday *

9:00-10:00 AM
10:00AM - 1:00PM
1:00PM – 2:30PM
2:30 PM – 5:00 PM

Registration*
Initiation**
Lunch Break(Vegetarian Lunch will be provided)
Detailed explanation of technique and guided
Meditation

June 21, 2015; Sunday*

9:00AM-1:00PM
1:00PM – 2:30PM
2:30 PM – 5:00 PM

Technique review and Guided Meditation
Lunch Break(Vegetarian Lunch will be provided)
Q & A , Teachings, Guided Meditation
Venue

for Saturday and Sunday
Unit #12-8473, 124th Street, Surrey, BC V3W 5Y5
(Parking is free)
Contact: Sadhna or Kailash
604-719-8111
info@vancouver-bc.kriya.org

Important Information

- *Saturday and Sunday events are open only to the individuals 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 individual being initiated. On Saturday morning for initiation, please bring 5 fruits(same or different kind) and 5 flowers(same or different kind) and one time cash donation(\$180). (To know more about initiation process visit- http://kriya.org/about_initiation.php.)
- You can also bring a cushion and/or blanket for meditation. Chairs will be available if needed.



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

