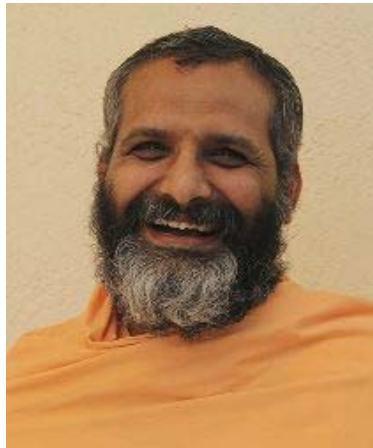


Science of Kriya yoga and strengthening mind power



With



Swami Prabuddhananda Giri and Yogacharya Srinidhi Baba

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

Friday, October 16, 2015 (suggested donation: \$10)

7 pm - 8 pm Introduction
8 pm - 9 pm Meditation

Saturday, October 17, 2015 (suggested donation: \$50)

9:00 am – 10:30 am Meditation
10:30 am– 10:45 am Break
10:45 am – 11:45 am Lecture – Science of Kriya yoga and strengthening mind power
11:45 am – 1:15 pm Potluck lunch and cleanup
1:15 pm – 2:00 pm One-on-one private appointments with Teachers
2:00 pm – 3:00 pm Lecture – Science of Kriya yoga and stre....
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, October 18, 2015 (suggested donation: \$50)

9:00 am – 10:15 am Meditation
10:15 am– 10:30 am Break
10:30 am – 11:45 am Lecture – Science of Kriya yoga and stre...
11:45 am – 1:00 pm Potluck lunch and cleanup
1:00 pm – 1:30 pm One-on-one private appointments with Teachers
1:30 pm – 2:15 pm Lecture – Science of Kriya yoga and stre...
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: 31 Acqua Drive, Woodbridge, ON, L4H 3L1

Contact: Please RSVP if you plan to attend- 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 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

