



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.

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA



**Yogacharya
David Strassner**

Yogacharya David Strassner is from Rochester, New York. He began training as a watchmaker's apprentice at age sixteen and has worked as a watchmaker since 1978. He is married and has two sons. David Strassner met Paramahansa Hariharananda in 1988 in San Francisco, California. He immediately felt that Baba was a very special divine person and was blessed to receive initiation from him. Subsequently he attended many programs conducted by Baba in many cities in America and Europe and was fortunate to have spent much time with him. In 1996, he formed the Kriya Yoga group in Rochester, New York and served as center leader



**Swami
Chidrupananda
Giri**

Swami Chidrupananda was born and raised in Pasewalk, Germany. While a young man, he worked as a Security Telecommunications Electro-mechanic for a major railway corporation in Germany. Being a seeker of Truth, he read a book titled, Kriya Yoga by Paramahansa Hariharananda. Afterward, he made arrangements to attend a Kriya Yoga program in June 2000, at the Tattendorf Ashram in Austria. It is there where he met Paramahansa Prajnanananda and received Kriya initiation from him. After he completed the First Residential Brahmachari Training Course in 2002, at Hariharananda Gurukulam in Balighai, Odisha, India, he joined the Tattendorf Ashram, Kriya Yoga Centre. In the year 2012, he took Sannyasa initiation at Hariharananda Gurukulam, from his Guruji, Paramahansa Prajnanananda. Swami Chidrupananda Giri is currently a resident monk in the Mother Center ashram, Kriya Yoga Institute, in Homestead, Florida.

Saturday, April 20, 2024

(Offering for Initiation- 5 Fruits, 5 Flowers, \$200 cash)

8.30 am – 9 am
9 am – 1 pm
1 – 2:30 pm
2:30 – 5:00 pm

Registration
Kriya Initiation for new aspirants
Vegetarian Lunch
Q & A, Technique review, guided meditation

Sunday, April 21, 2024

9 am – 1 pm
1 – 2:30 pm
2:30 – 4:00 pm

Technique review and guided meditation
Vegetarian Lunch
Q & A, teachings and guided meditation

A donation of minimum \$10 or more is requested from those already initiated, but not mandatory.

Initiation Location St. George's Lowville, 7051 Guelph Line,
Milton ON, LoP 1Bo

Contact @ toronto-on@kriya.org
☎ Kaumudi (647 865 3494)
☎ Veema (416 909 3091)

Important Information

- Kriyavans initiated in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda can attend meditation and technique classes on Saturday and Sunday for practice.
- 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 offering represents the causal, astral and gross bodies.
- To be initiated, you should attend at least one lecture and upon receiving initiation are expected to attend three meditation sessions.
- Remember to bring a cushion and yoga mat for meditations. Chairs will be made available for those who need them.



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 Shriyuktishwarji 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

