

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

JULY 22, 23 & 24, 2016



with

YOGACHARYA SWAMI ATMAVIDYANANDA GIRI

July 22 2016; Friday
7:15 -8:45 PM

Public Lecture, All are welcome! Free entry !
Introduction to Kriya Yoga
Venue for Friday event:
Dr. Ambedkar Room (Room 418)
City Centre Library, 10350 University Dr.,
Surrey, BC V3T 4B8

July 23, 2016; Saturday *
9:00-10:00 AM
10:00AM - 12:30PM
12:30PM – 2:30PM
2:30 PM – 5:00 PM

Registration*
Initiation**
Lunch Break
Detailed explanation of technique and
Guided Meditation

July 24, 2016; Sunday*
9:00AM-12:30PM
12:30PM – 2:30PM
2:30 PM – 5:00 PM

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

Venue for Saturday and Sunday Events:
Bridge and Enrich Lives Society
718 East 20th Ave (Fraser & 20th Ave)
Vancouver BC V5V 1N3

Questions or Concerns ?
Contact: Sadhna or Kailash
Mobile 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. These offerings represent your causal, astral and gross bodies respectively, so please bring 5 fruits and 5 flowers+ 1 Rose flower, and one time cash donation(\$180) on Saturday morning.** Fruits & flowers can be same or different kind depending on your choice. (To know more about initiation process pl visit- http://kriya.org/about_initiation.php.)
- Previously initiated Kriyavans attend for free by confirming attendance by July 22.
- Please bring a cushion and/or blanket for meditation and pen and diary to take notes. Chairs will be available if needed.
- Individuals to wear modest and comfortable clothes that will allow to practice the techniques. Please avoid shorts, tank-tops, or revealing clothes.
- Please avoid wearing perfume as others may have perfume intolerance
- For Friday free parking at library or paid parking @ 1.50/hr beneath new city hall plaza available, more on - <http://www.surreylibraries.ca/location-hours/4682.aspx>
- For Sat & Sunday- free underground or on 20th east street parking available, more info at <http://www.bridgeandenrich.com/about-us/map-parking/>
- More info on Kriya Yoga @ <https://learn.kriya.org/> & www.kriya.org
- More info on Yogacharya @ - http://www.kriya.org/about_swami.php?id=53



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 Shriyukteshwarji 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

