

## Yoga and Karma (*action*): Philosophy and Practice



With



**Swami Sahajananda Giri and Swami Adhyatmananda Giri**

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

### **Friday, October 21, 2016 (suggested donation: \$10)**

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

### **Saturday, October 22, 2016 (suggested donation: \$50)**

9:00 am – 10:30 am	Meditation
10:30 am– 10:45 am	Break
10:45 am – 11:45 am	Lecture –Yoga and Karma (action): Philosophy and Practice
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 – Yoga and Karma (action): Philosoph...
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 23, 2016 (suggested donation: \$50)**

9:00 am – 10:15 am	Meditation
10:15 am– 10:30 am	Break
10:30 am – 11:45 am	Lecture – Yoga and Karma (action): Philosoph...
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 – Yoga and Karma(action): Philosoph...
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:** 339 Traders Blvd E, Mississauga, ON L4Z 2E5

**Contact:** Please RSVP if you plan to attend- [kriya.toronto@gmail.com](mailto: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 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

