

THE TEACHINGS OF KRIYA YOGA

Lecture and Initiation Program Edmonton, Alberta June 22-24, 2018



with
**Yogacharya
Bhadrayu Pandya**

Lecture: Kriya Yoga, the Ancient Science of Meditation

When: Friday, June 22

Time: 7:00 - 8:30 pm Cost: donation

Where: TBA

Initiation Program

When: Saturday and Sunday, June 23-24

Saturday

9:00 am - 12:00	Initiation
12:00 - 2:00 pm	Lunch
2:30 - 4:00 pm	Kriya Yoga Technique Teaching*
4:15 - 5:15 pm	Guided Meditation*

Sunday

9:00 am - 11:00	Technique review and Q&A session
11:15 - 12:15 pm	Guided Meditation*
12:30 - 2:00 pm	Lunch
2:00 - 4:00 pm	Benefits discussion
4:15 - 5:30 pm	Guided Meditation* and Close

Location address provided upon registration.

**for further information or to register for Public talk,
please email:** info.edmonton@kriya.org

*Meditation - is for those initiated into the lineage of
Paramahansa Hariharananda and Paramahansa Prajñanananda

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

