

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 Shriyuktेश्वari 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



THE TEACHINGS OF KRIYA YOGA

Kriya Intensive Program

Journey of the Soul for Eternal Happiness

Edmonton, Alberta

June 25, 2018



with
**Yogacharya
Bhadrayu Pandya**

Intensive Program

8:00am - 9:30am	Meditation
10:00am - 11:00am	Discourse
11:15am - 12:15pm	Meditation
12:30pm - 1:30pm	Vegetarian Potluck & Clean-up
2:00pm - 3:00pm	Discourse
3:00pm - 3:30pm	Q&A
3:40pm - 4:40pm	Meditation
4:50pm - 5:00pm	Closing

Fee: \$35.00

Where: Edmonton, AB (address given upon registration)

for info or to register for Intensive Program

info.edmonton@kriya.org

Intensive Program is for those initiated into the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda