

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

May 18, 19, and 20 , 2018



with

Yogacharya Atmavidhyananda Giri

May 18, 2018; Friday 7:15 -8:45 PM	Public Lecture, All are welcome! Free entry ! Kriya Yoga: The royal Path to Enlightenment Venue for Friday event: Dr. Ambedkar Room (Room 418) City Centre Library, 10350 University Dr., Surrey, BC V3T 4B8
May 19, 2018; Saturday * 9:00-11:00 AM 11:00AM – 1:00PM 1:00 PM – 2:30PM 2:30 PM – 5:00 PM	Registration* Initiation** Lunch Break (Pot luck) Detailed explanation of technique and Guided Meditation
May 20, 2018; Sunday* 9:00AM-1:00 PM 1:00 PM – 2:30PM 2:30 PM – 5:00 PM	Technique review and Guided Meditation Lunch Break(Vegetarian Q & A , Teachings, Guided Meditation
Venue for Saturday and Sunday Unit 12-8473, 124th street Surrey BC V3W 5Y5	Questions or Concerns ? Contact: Sadhna or Kailash Mobile or WhatsUp +1-360-261-4777 Gayatri or Vivek: 778-867-3975 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. Please contact us for details** (To know more about initiation process pl visit- http://kriya.org/about_initiation.php.)
- Previously initiated Kriyavans attend for free by confirming attendance by May 14.
- Please bring a cushion and/or blanket for meditation and pen and diary to take notes. Chairs are available .
- 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 or colon, as others may have perfume intolerance
- For Friday free library parking at library when you punch your plate number to library counter or paid parking @ 1.50/hr beneath new city hall plaza more on - <http://www.surreylibraries.ca/location-hours/4682.aspx>
- For Sat-Sun-free parking.
- More info on Kriya Yoga @ <https://learn.kriya.org/> & www.kriya.org,
- More info on Yogacharya @ - <http://kriya.org/swami/swami-atmavidyananda-giri/en>



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

