

### 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



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## THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA



With  
**Yogacharya David Strassner**

### Sunday November 01, 2020

9 am	Registration. Suggested Donation: \$25
9:30am – 10:30 am	Meditation
10:30 am – 12:00	Technique review, Q&A
12 :00 – 1:30 pm	Potluck Lunch
1:30pm – 2:00 pm	Talk dedicated to Paramahansa Yogananda
2:00pm – 3:00 pm	Technique review, Q&A, teachings and guided meditation

Location TBD

**Contact** Please RSVP if you plan to attend  
[info@toronto.kriya.org](mailto:info@toronto.kriya.org) or  
Derek (647 343 7379)  
Mamta (416 824 2992)  
Dharma (647 339 2311)

**Note** This program is for initiates only.

### Yogacharya David Strassner

Yogacharya David Strassner is from Rochester, New York. He began training as a watchmaker's apprentice at age sixteen and has worked as a watchmaker since 1978. He is married and has two sons.

David Strassner met Paramahansa Hariharananda in 1988 in San Francisco, California. He immediately felt that Baba was a very special divine person and was blessed to receive initiation from him. Subsequently he attended many programs conducted by Baba in many cities in America and Europe and was fortunate to have spent much time with him.

In 1996, he formed the Kriya Yoga group in Rochester, New York and served as center leader for many years. In 1997, he was authorized by Paramahansa Hariharananda to guide Rochester group meditations. Then in May 2007 he was authorized to teach Kriya Yoga by Paramahansa Prajñanananda.