



# KRIYA YOGA IN THE WEST

## PUBLIC TALK

**14 May 2020, 7 PM**

Trinity-St. Paul's United Church  
427 Bloor St W, Toronto,  
ON M5S 1X7

A unique cross-cultural event and public talk celebrating 100 years of Paramahansa Yoganandaji in the West.

Kriya Yoga is a meditation technique of energy and breath control through which the practitioner can quickly experience deep states of peace, compassion and connection.

Paramahansa Yogananda popularized Kriya Yoga through his public teachings in the West and his book, *Autobiography of a Yoga*.

**Join us to celebrate** and know more about kriya yoga and teachings of Paramahansa Yoganandaji.



Paramahansa  
Prajnanananda

