

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA



Swami Tapasyananda Giri

Swami Vairagyananda Giri

Participants must already be initiated into Kriya Yoga in the lineage of
Paramahansa Hariharananda and Paramahansa Prajnananda

Friday, Aug 25, 2023 (suggested offering \$10 cash) (Hybrid)

7 pm – 8.30 pm Satsang & General Meditation

Location:

381 Baylis Ct, Milton, ON L9T 0T2, Canada
Online session available on Zoom

Saturday, Aug 26, 2023 (in-person suggested offering \$50 cash)

9.00 am – 10.30 pm

Meditation

10.30 am – 10.45 am

Break / Registration

10.45 am – 12.00 pm

Lecture Topic: *Ego-the biggest barrier of spiritual
unfoldment (based on Guruji's book
Understanding Ego)*

12.00 pm – 1.15 pm

Potluck Lunch and cleanup

1.15 pm – 2.15 pm

Lecture “*Book One: The Samadhi Pada*” of “*The
Yoga Sutra of Patanjali.*”

2.15 pm – 2.30 pm

Break

2.30 pm – 3.45 pm

Q & A

3.45 pm – 4.00 pm

Break

4.00 pm – 5.30 pm

Meditation

Sunday, Aug 27, 2023 (suggested offering \$50 cash)

9.00 am – 10.30 pm

Meditation

10.30 am – 10.45 am

Break / Registration

10.45 am – 12.00 pm

Lecture Topic: *Ego-the biggest barrier of spiritual
unfoldment (based on Guruji's book
Understanding Ego)*

12.00 pm – 1.15 pm

Potluck Lunch and cleanup

1.15 pm – 2.15 pm

Lecture “*Book One: The Samadhi Pada*” of “*The
Yoga Sutra of Patanjali.*”

2.15 pm – 2.30 pm

Break

2.30 pm – 3.15 pm

Q & A

3.15 pm – 3.30 pm

Break

3.30 pm – 5.00 pm

Meditation

Location

Treviso 3091 Dufferin St, Toronto, ON M6A 0C4

Contact

toronto-on@kriya.org

Register

Mamta (416 824 2992) / Kamudi (647 865 3494)

Click [here](#) to register



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 Shriyuktेशwarji 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 ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Intensive Program Aug 26 to Aug 27, 2023

Venue

Party room is beyond front reception to right
Treviso 3091 Dufferin St, Toronto,
ON M6A 0C4

Directions & Parking

Limited spots are available underground on level P1 or free parking can be found on side streets (Dane Ave or Mulholland Ave).

For underground parking, entry is from the street 'Via Bagnato'.
Garage door opener can be found on the wall just before the entry.
Visitors parking spots are labelled V. To enter the lobby from the parking level, press the green call button, enter code 1000 to open the door.
Look for Party Room on the left side of the lobby.

Public Transport: Ride the subway to the station 'Lawrence West' or 'Dufferin'.
From Lawrence West station take bus 52 going west to Dufferin street.
From Dufferin station, take bus 29 going north to Lawrence.

Via 401 E: Take 401 E to Dufferin Street, North York, Toronto. Take the
Dufferin Street exit from ON 401 E. Merge on Dufferin Street.

Via 401 W: Continue on ON 401 W to North York. Take Lawrence Ave exit
from Allen Rd. Continue on Lawrence Ave W to Dufferin Street