



THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA



Yogacharya John Williams

Yogacharya John Williams encountered Paramahansa Hariharananda on the street in New York City in the 1980's and took Kriya Yoga initiation from him later that day. He has been a faithful student since that first encounter. Born in Jamaica, John Williams is a successful art director and manages his own business. He is the resident yogacharya for the New York City Kriya Yoga Center, and travels throughout the USA teaching and initiating.

Friday, May 12, 2023

7 pm - 9 pm

Free Public Lecture open to all
 Kriya Yoga, the ancient and sacred path of
 meditation

Lecture Location

51 Richardson Ave, Toronto, York, ON M6M 3R8

Saturday, May 13, 2023

(Offering for Initiation- 5 Fruits, 5 Flowers, \$200 cash)

9 am - 1 pm

Kriya Initiation for new aspirants (Please arrive
 on time for registration)

1 - 2:30 pm

Lunch break

2:30 - 5:00 pm

Detailed explanation of techniques, guided
 meditation

Sunday, May 14, 2023

9 am - 1 pm

Technique review and guided meditation

1 - 2:30 pm

Lunch break

2:30 - 4:00 pm

Q & A, teachings and guided meditation

**There are no charges for those already initiated. Offerings and donations
 are welcome**

Initiation Location

Treviso 3091 Dufferin St, Toronto, ON M6A 0C4

Contact

@ toronto-on@kriya.org

☎ Mamta (416 824 2992)



Register

Scan  or click [here](#) to register

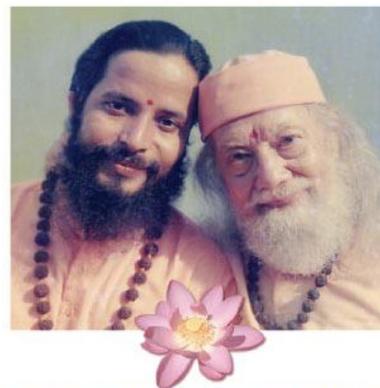
Important Information

- Kriyavans initiated in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda can attend meditation and technique classes on Saturday and Sunday for practice.
- An offering will be required from each person being initiated. On Saturday morning please bring 5 fruits symbolizing the fruit of your actions and 5 flowers which represent the five senses. Your cash offering represents the causal, astral and gross bodies.
- To be initiated, you should attend at least one lecture and upon receiving initiation are expected to attend three meditation sessions.
- Remember to bring a cushion and/or blanket for meditations. Chairs will be made available for those who need them.



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.



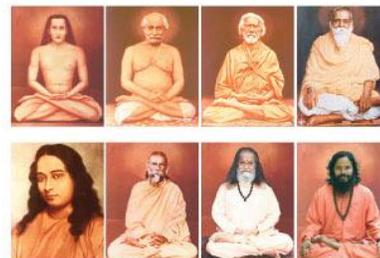
PARAMAHAMSA HARIHARANANDA
 (1907-2002) - (photo on the right)

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





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THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Free Public Lecture on Friday, May 12, 2023

Venue

51 Richardson Ave, Toronto,
York, ON M6M 3R8

Directions & Parking

- Via 401 E: Take 401 E to Black Creek Dr in North York, Toronto. Continue on Black Creek Dr. Take Trethewey Dr. to Richardson Ave in York
- Via 401 W: Follow ON401W to Keele St. in North York. Take the Keele Street exit from ON-401 W. Follow Keele St to Richardson Ave in York

Initiation Program May 13 to May 14, 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