

# THE ANCIENT SCIENTIFIC TEACHINGS OF KRIYA YOGA

Milton, ON

17 April - 19 April, 2026



Swami Vairagyananda Giri & Swami Chidrupananda Giri

St. George's Lowville, 7051 Guelph Line,  
Milton ON, L0P 1B0

Friday, 17 April, 2026, 07:00 PM to 08:30 PM

"Kriya Yoga - An Ancient Science of Breath and Meditation

## INITIATION SESSION

Saturday, 18 April, 2026

8.30 am – 9 am Registration

9 am – 1 pm Kriya Initiation for new aspirants

1 – 2:30 pm Vegetarian Lunch

2:30 – 5:00 pm Q & A, Technique review, guided meditation

Sunday, 19 April, 2026

9 am – 1 pm Technique review and guided meditation

1 – 2:30 pm Vegetarian Lunch

2:30 – 4:00 pm Q & A, teachings and guided meditation

*The Saturday and Sunday program is limited to those who will be initiated at this event and those who have already been initiated into the lineage of Paramahamsa Hariharananda Ji and Paramahamsa Prajnanananda Ji*

Scan the QR Code or use the URL to register online

<https://kriya.org/online-registration/8789/en>

*\* Once your registration is confirmed, we will email you details such as initiation offerings to bring, dress code, and some links to reading material on Kriya Yoga.*



Toronto Kriya Yoga Center  
Kaumudi (647 865 3494) | Veema (416 909 3091) | [toronto-on@kriya.org](mailto:toronto-on@kriya.org)

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 Paramahamsa 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

