

# KRIYA YOGA Meditation Public Lecture & Initiation Vancouver, BC, June 6-8, 2025

## Free Public Lecture - Open to All

(No Registration Required)

Friday, June 6, 2025

7:00-8:00 pm

### "The Ancient Science of Kriya Yoga"

Eclipse Amenities Room, 8084 120A Street, Surrey, BC V3W 1V2



Yogacharya Nisha Pandey  
**Initiation Program**  
(Registration Required)

For those interested in Kriya Yoga Initiation, Reserve all weekend June 7 & 8

**Location:** Eclipse Amenities Room, 8084 120A Street, Surrey, BC V3W 1V2

#### Saturday, June 7

8:30-12:00 pm  
12:15-2:00 pm  
2:00-5:00 pm

Initiation  
Lunch Break (vegetarian lunch provided)  
Techniques Class, Meditation

#### Sunday, June 8

8:30-12:15 pm  
12:15-2:00 pm  
2:00-4:15 pm

Meditation and Technique Review Lunch  
Break (vegetarian lunch provided)  
Benefits/Q&A, Guided Meditation

About Kriya Yoga <https://kriya.org/kriya-yoga/en>

About Kriya Yoga Initiation <https://kriya.org/page/initiation/en>

Please watch the "An Ideal Starting Point" video

Please register online at <https://kriya.org/event-details/7677/en>

OR scan the QR Code to register



For more information, phone 778.246.1068 or email [vancouver-bc@kriya.org](mailto:vancouver-bc@kriya.org)

#### 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 Shriyukteshwarji 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

