

# Kriyayoga Meditation Program

## Vishva Shakti Durga Mandir Ottawa, Ontario

55 Clarey Avenue (off Bank St., south of Fifth Ave.)

### **DATES & TIMES:**

#### **Vishva Shakti Durga Mandir**

Friday, Aug. 1, 2008 (PM only)  
through to  
Thursday, Aug. 7, 2008 (AM only)

Two classes held daily

6am – 7:30am  
8pm – 9:30pm

#### **Unity Church of Ottawa**

**Sunday, August 3, 2008**

10:30am Service

Guest Speaker - Yogi Satyam

**Workshop to Follow at 3pm**

Located at 312 Parkdale Ave. N.

For more information phone (613) 723-5852

In order to grasp a better understanding of Kriyayoga Science, it is best to attend a minimum of 3 consecutive days of classes.

- Wear comfortable clothing
- Bring a notebook and pen.
- Bring a blanket or pillow for sitting.
- Chairs will be available.



### **Swami Shree Yogi Satyam**

Kriyayoga Scientist and  
Founder of Kriyayoga Research Institute, Allahabad, India

*“You are potentially vast and infinite.  
Not realizing this truth makes you realize  
illness and sickness of all kinds.*

*Kriyayoga practice is an ancient and ever-new  
master technique to make you realize your  
REAL NATURE. Thus, Kriyayoga practice  
solves all problems of life.”*

- Swami Shree Yogi Satyam

### **DON'T MISS OUT!**

**All are welcome to join in and  
enjoy eternal Health and Bliss.**

Classes are FREE of charge. Donations are welcome.

**FOR MORE INFORMATION ABOUT THIS  
PROGRAM PLEASE CONTACT:**

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**FOR MORE INFORMATION ABOUT KRIYAYOGA  
AND OTHER PROGRAMS AVAILABLE IN CANADA:**

**Website:** [www.kriyayoga-yogisatyam.org](http://www.kriyayoga-yogisatyam.org)

**E-mail 1:** [kriyayoga.canada@yahoo.ca](mailto:kriyayoga.canada@yahoo.ca)

**E-mail 2:** [KriyayogaAllahabad@hotmail.com](mailto:KriyayogaAllahabad@hotmail.com)