

# Calendar 2013

## Initiation Weekends and other Kriya Yoga Programs

With **Rajarshi Peter van Breukelen & Yogacharya's Claudia Cremers and Petra Helwig**

Costs 45-50 € per day inclusive of all classes, meals and stay.  
New initiates: half price (50€) for the entire weekend.  
Separate meal: 5€ - Donation for meditation: 7€

*Initiation Weekends and longer Programs help to deepen your meditation practice. If you are already initiated you can attend the initiation ceremony, and all other classes and guided meditations.*

### 2013 Dates

#### March 1-3

2<sup>nd</sup> Kriya only,  
(English)

#### March 28-Apr 1<sup>st</sup>

(German)

#### May 17-20

Sw. Samarpanda,  
(Engl.)

#### August 2-7

20 ys ashram  
celebration 6  
Aug. (English)

#### Sept. 10-15

Sw. Atmavidya  
nanda (Engl.)

#### Oct. 11-13

2<sup>nd</sup> Kriya only,  
(English)

#### Nov. 22-24

(Dutch)

#### Dec. 23-Jan 1.

(English)

### Weekend Schedule:

#### Friday

20.00 Lecture (Meditation on weekends in March, October and December)

#### Saturday

07.30-08.30 Meditation  
10.30-13.00 Initiation Ceremony + Meditation at noon  
16.00-17.00 Teaching of Techniques  
17.00-18.00 Meditation  
21.00- 21.45 Meditation

#### Sunday

07.30-08.30 Meditation  
11.30-13.00 Class, followed by Meditation  
13.00-13.30 Addition for second Kriya  
14.30-16.00 Ashram Seva (cleaning)  
16.00-16.45 Meditation

On week days the schedule is:

#### Monday-Friday

07.30-08.30 Meditation  
11.30-13.00 Class & Meditation  
17.00-18.00 Meditation  
19.00-20.00 Meditation

**To Reserve Your Place Please**

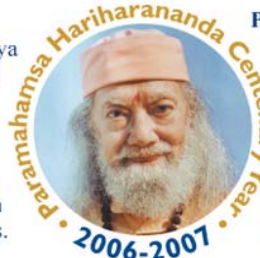
**Call: +31-(0)40-2265576 or**

**Email: info@kriyayogameditatie.nl**

*The embodiment of Divine Love  
Human beings pine for love in this world  
without which life is empty. When the love  
is intense, unconditional, and devoid  
of expectations, it transforms into divine love.  
True fulfillment and unbound joy can come only  
from divine love.*

### What is Kriya Yoga

In 1861, the immortal Mahavatar Babaji reintroduced Kriya Yoga, the ancient method of living and meditation. Kriya Yoga cultivates body, mind, and intellect using powerful meditative and yogic disciplines. It helps us to cultivate and observe the three divine qualities of light, vibration, and sound by using ancient techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness.



### Paramahansa Hariharananda (1907-2002)

a great saint, taught the ancient science of Kriya Yoga, a non-secular meditative practice cultivating the body, mind, and soul. Filled with purity and love, he came from a long, unbroken line of masters, ultimately attaining the highest goal of a realized yogi, nirvikalpa samadhi, a conscious, breathless and pulseless state beyond physical limitations. A disciple of Swami Shriyuktishwar and Paramahansa Yogananda, Paramahansa Hariharananda spread Kriya Yoga to the East and West.