



Swami Samarpanananda Giri



Yogacharya Claudia Cremers

Professor Suresh Chandra Mishra taught Political Science at a number of colleges in Orissa India. In 1982, he met Paramahansa Hariharananda and was initiated into Kriya Yoga. In 2004, he joined the Giri monastic order and was named **Swami Samarpanananda Giri**.

Officially stationed in Hariharananda Gurukulam near Puri in India, Swami Samarpanananda manages the ashram activities, helps people on their spiritual path and travels extensively teaching Kriya Yoga meditation.

Yogacharya Claudia Cremers was initiated into Kriya Yoga by Rajarshi Peter Baba in 1987 and met Gurudev Baba Hariharanandaji in 1990 in New York. Since then she has travelled frequently to India, Europe, and the USA to stay and meditate with Gurudev and his successor Paramahansa Prajñanananda's.

She was authorized to initiate other seekers into Kriya Yoga in May 2007. Claudia was born in the Netherlands, studied music and law in Amsterdam and post graduate government studies in Paris (ENA). Since 1987 she worked as a government official in international affairs. She travels extensively in Europe teaching Kriya Yoga.

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Registered Office: Flat 22 Overstrand Mansions, Prince of Wales Drive, London, SW11 4EZ



क्रिया योग *kriyā yoga*

www.kriya.org



Retreat at St Katharine's May 6th to 9th 2013

Kriya Yoga UK is delighted to announce a retreat with both Swami Samarpanananda and Yogacharya Claudia Cremers at St Katharine's in Henley-on Thames. See <http://www.srpf.org.uk>. The historic 14th century St Katharine's is a superb venue for a retreat situated in 12 acre of grounds, in a relaxed rural setting. This beautiful spot, 40 miles west of London is easy to get to by car or by train (High Wycombe/ Henley-on –Thames stations).

The retreat cost of £290 which is payable on booking includes full board shared accommodation and vegetarian food. There will be two days of silence where kriyavans will have a wonderful opportunity to meditate, contemplate and deepen their practice.

The retreat can only be attended by those who have already been initiated into Kriya Yoga by Paramahansa Hariharananda or Paramahansa Prajñanananda's or one of their authorised swamis or acharyas.

N.B. Places are strictly limited and both places and rooms will be allocated on a first come first served basis. You are advised to book as soon as possible but by 8th April 2013 latest. However please note that we cannot guarantee a refund should you cancel at any stage.



Retreat Schedule Guide

Monday 6th May

15:00	Arrival time
17:00	Guided Meditation
18:30	Dinner
19:30	Teachings / Q&A
20:30	Retire / Quiet Time

Tuesday 7th and Wednesday 8th May

06:15	Guided Meditation
08:00	Breakfast
09:30	Kriya Yoga teachings
10:45	Tea Break
11:15	Guided Meditation
13:00	Lunch
14:00	Rest / Private Time
15:30	Afternoon Tea
17:00	Guided Meditation
18:30	Dinner
19:30	Teachings / Q&A
20:30	Retire / Quiet Time

Thursday 9th May

06:15	Guided Meditation
08:00	Breakfast
09:30	Kriya Yoga teachings
10:45	Tea Break
11:15	Guided Meditation
13:00	Lunch
14:00	End of retreat

P.S. We reserve the right to alter the programme schedule



RETREAT BOOKING FORM

Name _____

Address _____

Email: _____

Telephone _____

Signature and Date: _____

I would like to attend the retreat and enclose my cheque for £290 made payable to Kriya Yoga UK. If you would like to pay online directly to our bank, please contact Michael at: kriyayogauk@btconnect.com

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Please return this form and your cheque (dated and made payable to Kriya Yoga UK) to Michael Mannion, Flat 22 Overstrand Mansions, Prince of Wales Drive, London SW11 4EZ

For further enquiries please email Michael at:

kriyayogauk@btconnect.com