

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)

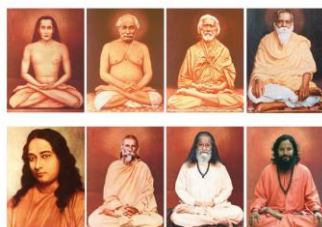
filled with purity and love, came from a long, unbroken line of masters, ultimately attaining nirvikalpa samadhi (the state without pulse or breath), the highest goal of a realized yogi. A disciple of Swami Shriyuktेश्वarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

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



Kriya Yoga Europe

**Kriya Yoga Centre Vienna
Mother Centre Europe**



Pottendorferstrasse 69
2523 Tattendorf
Austria

Tel. +43 2253 81491

Fax +43 2253 80462

kriya.yoga.centre@aon.at

www.kriya.eu

www.kriya.org

Kriya Yoga Centrum



Heezerweg 7
NL-6029-PP, Sterksel
The Netherlands

Tel. +31 40-2265576

Fax + 31 40-2265612

info@kriyayogameditatie.nl



THE ANCIENT SCIENCE OF KRIYA YOGA



Kriya Yoga Program

Dublin, Ireland

**September 27-
29th, 2013**



with

Yogacharya Claudia Cremers



Schedule

Friday, 27th

7.30 - 9pm

Public lecture open to all
Meditation, Love, and Peace: An
Overview of Kriya Yoga
lecture and meditation open to
all

Saturday, 28th

9 - 12.30am

Initiation

4 - 6.30pm

Class & Meditation

Sunday, 29th

9-10.15am

2nd Kriya Meditation

10.30 - 11.30am

Class

11.45 - 1pm

Meditation

1 - 2.30pm

Light lunch

2.30 - 4.30pm

Class and Meditation



Location

Wisdom Centre, Sophia,
25 Cork Rd, Dublin 8,
Ireland

Meditations and technique classes may be attended
only by initiates in the lineage of Paramahansa
Hariharananda and Paramahansa Prajnanananda.



Initiation

People who wish to learn Kriya Yoga must first
receive initiation from an authorized teacher
of Paramahansa Hariharananda/
Paramahansa Prajnanananda.

During the initiation ceremony the body, spine,
and senses are purified. There will be
experiences of the triple divine qualities of
light, sound, and vibration.

Please bring the following offerings to the
initiation:

- Five fruits

(representing the fruits of our actions)

- Five flowers

(representing the five senses)

- Donation of € 150

(representing the physical body)

After the initiation ceremony, the Kriya Yoga
techniques will be taught. It is strongly
recommended to attend at least three
meditation classes during this program. This
will help new initiates to learn and integrate
the techniques in such a way that one will be
able to practise meditation independently.

Please bring a blanket or cushion and socks.
Loose, comfortable clothing is recommended

Please arrive 30 minutes before the initiation
and 15 minutes before the meditation classes
start.

Mobile phones must be switched off during
the initiation and classes.



Teacher

Yogacharya Claudia Cremers

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 travelled frequently to India,
Europe, and the USA to stay and meditate
with Gurudev. 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). For 25 years she worked with the
Dutch government, retired in 2012 and now
works full time for the dissemination of
Kriya Yoga in Europe and other parts of the
world.

Info & Registration

Kriya Yoga Group Ireland

Contact person : Susan Hinnell

Tel. : +353 (0)85 8824000

Email : Susan Hinnell

Overnight Accommodation

By request we will send you a list of
accommodations.

Donations for the program

Those already initiated are very
welcome to participate and to
deepen their Kriya practise.

Suggested donation for the
whole programme: € 50,- or

€15,- per half day

Lecture - €5 (with tea & biscuits)

The weekend is free of cost for
New Initiates.