

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 Shriyuktेशwarji 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

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THE ANCIENT SCIENCE OF KRIYA YOGA



Kriya Yoga Retreat Wilhelmsaue near Berlin

August 21 – 25, 2013



with

Swami Mangalananda Giri

and

Yogacharya Uschi Schmidtke



Schedule*

Wednesday, 21st August 2013

Arrival

18:00 Dinner

20:00 Meditation

Thursday, 22nd August 2013

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Saturday, 24th August 2013

6:30 Meditation

(Kriya I, followed by Kriya II)

Breakfast

11:00 Meditation

Lunch

17:00 Meditation

Dinner

Satsang

Sunday, 25th August 2013

6:30 Meditation

Breakfast

10:30 Meditation

Lunch

Departure

* The program will be held according to the schedule above but the times might vary a little.

Location



Pension & Seminarhof
An der Mühle
Wilhelmsauer Dorfstrasse 24
15324 Letschin

*The retreat may be attended only by initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda. It is possible to receive initiation during the retreat on request.

Initiation

People who wish to learn Kriya Yoga must first receive initiation from an authorized teacher of Paramahansa Prajnanananda. During the initiation ceremony the body, spine, and senses are purified. Then there is infusion of the triple divine qualities of light, sound and vibration. Please bring the following offerings to the initiation:

- Five fruits
(represent fruits gained from activities throughout life)
- Five flowers
(represent the five senses)
- Donation of € 150
(represents the physical body)

After the initiation ceremony, the first level of the Kriya Yoga techniques will be taught. New initiates must attend at least three meditation classes during this program, which will help them learn and integrate the techniques.



Teachers

Swami Mangalananda Giri

Born in Germany, Swami Mangalananda grew up near Stuttgart. In 1992, she received Kriya initiation from Rajarshi Peterananda, and then met her master Paramahansa Hariharananda in 1994. From this time onward, she stayed with Paramahansa Hariharananda in various ashrams, and also traveled with him throughout Europe. Shortly after the completion of her studies, in September, 2000, she was ordained as a monk in the Giri monastic order and given the name Swami Mangalananda, which means bliss of auspiciousness. Swami Mangalananda is the first female monk in the lineage of Paramahansa Hariharananda. She conducts Kriya Yoga programs in the Tattendorf ashram in Austria and throughout Europe.

Yogacharya Uschi Schmidtke

Yogacharya Uschi Schmidtke lives in Germany and has been practicing Kriya Yoga since 1993. In 1995 she met Gurudev Paramahansa Hariharananda, which was a turning point in her life. Then in 1996 to 1997 she had the fortunate opportunity to stay and serve and meditate with Gurudev in the USA. She was authorized to teach Kriya Yoga in May 2007. Her training and profession is in the medical field and she has worked as a medical technician.

Info & Registration

Kriya Yoga Group

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**Donations for the program
€ 200 per person all inclusive**