

KRIYA YOGA WORKSHOP



Dubai, August 22 - 24, 2013



Swami Samarpanananda Giri



PUBLIC PROGRAMME

Thursday, August 22, 2013 7.30 PM - 9.30 PM Venue - To be announced
A TALK ON : AN INTRODUCTION TO KRIYA YOGA

FOR REGISTERED PARTICIPANTS

Venue:	In Bur Dubai (To be announced).	
Friday, August 23, 2013	8.00 AM to 8.30 AM	Registration.
	8.30 AM to 4.30 PM	Kriya Yoga Workshop.
	7.00 PM to 9.00 PM	Open session with Existing Kriya Practitioners.
Saturday, August 24, 2013	7.00 AM to 9.00 AM	Guided Kriya Practice
	7.00 PM to 9.00 PM	Guided Kriya Practice; Swamiji's address & Questions & answers.

**For registration & details , contact AJAY 050-4507524
or SHOBHANA 050-6257129 or email to kriyayogadxb@gmail.com**

Swami Samarpananandaji was initiated into Kriya Yoga in 1982 and later joined the monastic order in 2004 . In his pre-monastic days, he was a professor of Political Science. His entire life has been a life of discipline, dedication, prayer and meditation. His deep desire for renunciation and self-realisation is reflected in all his thoughts and actions. With loving care and sincerity , he guides kriya yoga practitioners in their self development.



What is Kriya Yoga?

Kriya Yoga is a time tested method of living that cultivates body, mind, intellect and universal consciousness using effective yogic disciplines and meditation. It helps in keeping the body healthy, mind disciplined and intelligence sharp. Thus the practitioner lives a healthy and happy life and a life merged in universal consciousness. This in turn makes the society healthy, successful , peaceful and harmonious.

**Paramahansa Hariharananda
(1907 – 2002)**

Filled with purity & love, Paramahansa Hariharananda came from a long, unbroken line of masters, ultimately attaining Nirvikalpa Samadhi, the highest goal of a realized yogi. A disciple of Swami Yukteshwarji and Paramahansa Yoganandaji, he spread Kriya Yoga and the message of love, pure and divine, both in the East & the West throughout his life.



Paramahansa Prajnanananda

His successor continues his Guru's mission of spreading the lessons of healthy and conscious living and of love and care. Through every action and at all times he urges us to live in the blissful state of divine love and contentment which is our fundamental nature and right, through basic self-discipline, right knowledge and the practice of Kriya Yoga.

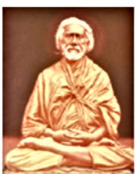
THE LINEAGE OF KRIYA MASTERS



**Mahavatar
Babaji**



**Lahiri
Mahasaya**



**Swami Shri
Yukteswar**



**Shri Sanyal
Mahasaya**



**Paramahansa
Yogananda**



**Swami
Satyananda**