



**Swami Samarpanananda Giri**



**Yogacharya Petra Helwig**



**Retreat at St Katharine's May 12<sup>th</sup> to 15<sup>th</sup> 2014**

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 Petra Helwig** was initiated into Kriya Yoga in 1989. She met Gurudev Baba Hariharananda in 1991 in the USA. He gave blessing for her to marry Frans and they travelled to India to be with Baba. She worked as a modern dancer, choreographer, and dance teacher until 1990. She has two children. Petra was then authorized to teach Kriya Yoga in May 2007.

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

Kriya Yoga UK is delighted to announce a retreat with both Swami Samarpanananda and Yogacharya Petra Helwig at St Katharine's in Henley-on Thames. See <http://www.srpf.org.uk>  
The historic 14<sup>th</sup> century St Katharine's is a superb venue for a retreat set in 12 acres of grounds, in a relaxed rural setting. This beautiful place, 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 £300 which is payable when 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, relax and deepen their practice.

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

**N.B. Places are strictly limited and places and rooms will be allocated on a first come first served basis. You are advised to book as soon as possible and by 13<sup>th</sup> April 2014 latest. However please note that we cannot guarantee a refund should you cancel at any stage.**





**Retreat Schedule Guide**  
**Monday 12<sup>th</sup> May**

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

**Tuesday 13<sup>th</sup> and Wednesday 14<sup>th</sup> 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 15<sup>th</sup> 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 £300 dated and made payable to Kriya Yoga UK.  Please post your cheque to Michael Mannion, Flat 22 Overstrand Mansions, Prince of Wales Drive, London SW11 4EZ

Alternatively if you would like to transfer the money online to Kriya Yoga account, please contact Michael for account details at:

[kriyayogauk@btconnect.com](mailto:kriyayogauk@btconnect.com)

**In order to complete your registration and secure your place you must sign and date this form and return it to me** either by post to Michael Mannion, Flat 22 Overstrand Mansions, Prince of Wales Drive, London SW11 4EZ or scan and email to [kriyayogauk@btconnect.com](mailto:kriyayogauk@btconnect.com)