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क्रिया योग *kriyā yoga*

www.kriya.org

Kriya Yoga UK is delighted to announce the visit of Swami Samarpanananda Giri and Yogacharya Petra Helwig to London from Friday May 16 to Sunday May 18, 2014.

If you are interested in learning Kriya Yoga, there will be an introductory lecture on Friday evening and an opportunity to be initiated and to learn and practice the techniques on Saturday and Sunday.

Kriya Yoga is the ancient and mystical path to self realisation. 'Kri' is the work or activity carried out by 'ya' the in-dwelling soul. Yoga is the union of individual self and Supreme self. Kriya Yoga is a non-sectarian, scientific and practical meditation technique practised by sages and saints since time immemorial. Kriya Yoga leads to the transformation of the physical consciousness into Divine consciousness and is the essence of all yoga's taught in the world.

In order to practice Kriya Yoga, one needs to receive initiation which can only be given with the grace and love of the Master through an authorised teacher during which the body is purified and energised. The initiate may perceive Divine Light, Divine Vibration and Divine Sound in the whole body. There is no book or lesson to learn the Kriya Yoga techniques. Kriya Yoga emanates from beyond the five sense organs.

These teachings have been handed down through an unbroken lineage of realised masters since being re-introduced to the world in 1861 by Mahavatar Babaji. Both Swami Samarpanananda Giri and Yogacharya Petra Helwig are disciples of the great realised master Paramahansa Hariharananda who in turn is a disciple of Swami Sriyuktishwar. Many spiritual seekers will be aware of the great Kriya master Paramahansa Yogananda through his book *Autobiography of a Yogi*. Paramahansa Yogananda was also a disciple of Swami Sriyuktishwar.

Kriya Yoga can be learnt and practised by those who have never meditated before. For those who are already practicing this is an excellent opportunity to review your technique and to deepen your practice.

If you have any questions regarding this programme please contact: Michael Mannion at kriyavogauk@btconnect.com or by phone on +44 (0) 20 7498 5929



Swami Samarpanananda Giri



Yogacharya Petra Helwig

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 in India and abroad teaching Kriya Yoga.

Yogacharya Petra Helwig was initiated into Kriya Yoga in 1989. She met Gurudev Baba Hariharananda in 1991 in the USA. He gave a 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. Yogacharya Petra Helwig was then authorized to teach Kriya Yoga in May 2007.

Charity Information

Kriya Yoga UK is a registered charity in England & Wales. (Number 1119701). Kriya Yoga UK is a company Limited by guarantee, registered in England (Number 6243130). Registered Office: 22 Overstrand Mansions, Prince of Wales Drive, London, SW11



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Friday 16 May 7.00-9.00pm Lecture on Kriya Yoga: The ancient and mystical path of meditation

Saturday 17 May 9.00am-1.00pm 1st Kriya Yoga initiation

1.00pm -3.00pm Lunch break

3.00pm -5.30pm Detailed explanation of techniques and Guided Meditation

Sunday 18 May 8.30am -10.15am 2nd Kriya Meditation (Only for those already initiated into 2nd Kriya)

10.30am-12.45pm 1st Kriya Teachings/Revision of techniques/ Guided Meditation*

12.45 - 2.30pm Lunch break

2.30 - 5.00pm Questions & Answers/Teachings/Guided Meditation*

Please note we reserve the right to alter the programme schedule.

Venue: London School of Economics (LSE)
BANKSIDE HOUSE, 24 SUMNER STREET, LONDON, SE1 9J

See <http://www.lsevenues.co.uk/location.htm> for map

Nearest Tube: London Bridge, Southwark, Waterloo but easiest to find from London Bridge along Southwark St and turn right into Great Guildford Street

- **Teachings and guided meditation may only be attended by those initiated this weekend or at a previous programme by Paramahansa Hariharananda, Paramahansa Prajñanananda's or one of their authorised teachers.
- You should attend the lecture on Friday in order to be initiated.
- There is no need to book in advance and no special preparation is needed apart from a sincere wish to learn and practice Kriya Yoga.

INITIATION:

An offering will be required from each person being initiated. Please bring:

- A total of 5 fruits symbolising the fruit of your actions. The type and number of each fruit you bring is your choice
- A total 5 flowers which represent the five senses. The type and number of each flower you bring is your choice
- A payment of £150 - representing the causal, astral & gross bodies.

COSTS

- Initiation payment of £150 for those initiated this weekend (includes Saturday and Sunday)
- Friday Lecture £5.
- Saturday £25 (day or part day) for those initiated prior this weekend
- Sunday £25 (day or part day) for those initiated prior this weekend

OTHER

- Please arrive at 8.30 am on Saturday to register for initiation
- Please bring a cushion/yoga mat to sit/meditate on. Chairs will be provided for those unable to sit on the floor.
- Books and photos will be on sale at the programme.
- The time taken for initiation may vary depending on the number of attendees and the programme times may vary accordingly.

