

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@eon.at

www.kriyayoga-europe.org

www.kriya.org

Kriya Yoga Centrum



Heezerweg 7
NL-6029-PP, Sterksel
The Netherlands

tel. +31 40-2265576

fax. + 31 40-2265612

kriya.yoga@worldonline.nl



THE ANCIENT SCIENCE OF KRIYA YOGA



Kriya Yoga Program Mallorca

May 2 - 5, 2014



with

Swami Mangalananda Giri



Schedule

Friday, 2

20.30–22 pm

Free public lecture

**Talk on Kriya Yoga: *Meditation,
a path to more inner Peace,
Love and Joy***

Saturday, 3

10 am - lunch

Initiation

ca. 4 – 7 pm

Technique Class and Guided Meditation

Sunday, 4

11 am - 18 pm

All-Day Program: Discourses, Classes,
Guided Meditations and Lunch break

Extra: Monday, 5

At 9 am and 18 pm Guided Meditations and
final Discourse for those who have time.



Locations

Talk on Friday evening: Temple Natura,
c/ Temple 4, Casco Antiguo 07001, Palma
Other days: Finca in Estellencs, more details
you'll get at the talk or contact us.

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

**Tentative time schedule,
can be modified.**

The program will be held in English and translated into
Spanish



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

*(represents fruits gained from
activities throughout life)*

- Five flowers

(represents the five senses)

- Donation of € 125

(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.

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

Please arrive at least 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

Swami Mangalananda Giri

Born close to Stuttgart, Germany, she
met her Master Paramahansa
Hariharananda in 1994. From this time
onward she accompanied him on his
travels throughout Europe and
translated his talks. Shortly after
completing her Medical Studies, she was
ordained as Swami by Paramahansa
Hariharananda and is authorized to
teach Kriya Yoga. She lives in the Kriya
Yoga Centre close to Vienna.

Info & Registration

Kriya Yoga Group Mallorca

Contact person: Ingrid Urbach
T. +49 40 43 27 71 97 / +34 644 430 971
Email: ingbach@yahoo.de

Overnight Accommodation

Limited, very simple accommodation in
the Finca is possible by request in
advance/ donation for the Finca
required. Or we can send you a hotel list.

Donations for the program

We kindly ask those already initiated for
an appropriate donation for each
meditation.

*The weekend meditations are free of
cost for the new initiates.*