#### 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 Shriyukteshwarji and Paramahamsa 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.centre@aon.at www.kriyayoga-europe.org www.kriya.org

#### Kriya Yoga Centrum



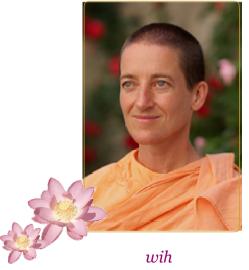
Heezerweg 7 NL-6029-PP, Sterksel The Netherlands tel. +31 40-2265576 fax. + 31 40-2265612 kriya.yoga@worldonline.nl



# THE ANCIENT SCIENCE OF KRIYA YOGA



# Kriya Yoga Program Mallorca May 2 - 5, 2014



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.

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Meditations and technique classes may be attended only by initiates in the lineage of Paramahamsa Hariharananda and Paramahamsa 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 Paramahamsa 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 Master Paramahamsa her met Hariharananda in 1994. From this time onward she accompanied him on his throughout travels Europe and translated his talks. Shortly after completing her Medical Studies, she was ordained as Swami by Paramahamsa 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.