



ॐ

ॐ

ॐ

ॐ

ॐ

ॐ

ॐ



# क्रिया योग *kriyā yoga*

www.kriya.org

Kriya Yoga UK is delighted to welcome Swami Mangalananda Giri and Yogacharya Claudia Cremers to London from Friday April 24 to Sunday April 26, 2015. They will conduct a programme for those sincere seekers interested in learning and practising kriya yoga. The programme will commence with an introductory lecture on Friday evening.

Kriya Yoga can be learnt and practised by those who have never meditated before. It is also beneficial to those who are already practicing and provides an excellent opportunity to review the techniques and deepen your practice.

Kriya Yoga is the ancient and mystical path to self-realisation. 'Kri' is the work or activity carried out by 'ya' the indwelling 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 by 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. 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 Mangalananda Giri and Yogacharya Claudia Cremers 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.

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



**Swami Mangalananda Giri**



**Yogacharya Claudia Cremers**

Born in Germany, **Swami Mangalananda Giri** grew up near Stuttgart. In 1992 she received Kriya initiation from Rajarshi Peterananda, and met her master Paramahansa Hariharananda in 1994. After studying philosophy for some years Swamiji began studying medicine in Germany. She completed her medical degree at the University of Vienna, and received her MD in July, 2000.

Later that year, in September, 2000, she was ordained as a monk in the Giri monastic order and given the name Swami Mangalananda Giri. Swami Mangalananda is the first female monk in the lineage of Paramahansa Hariharananda. She conducts Kriya Yoga programs in our Tattendorf ashram in Austria and throughout Europe

**Yogacharya Claudia Cremers** was initiated into Kriya Yoga by Rajarshi Peterananda in 1987 and met Paramahansa Hariharananda in 1990 in New York. Since then she has travelled frequently to India, Europe, and the USA to stay and meditate with Paramahansa Hariharananda and his successor Paramahansa Prajñanananda. She was authorized to initiate other seekers into Kriya Yoga in May 2007. Claudia was born in the Netherlands, studied music and law in Amsterdam and post graduate government studies in Paris (ENA). Since 1987 she worked as a government official in international affairs. She travels extensively in Europe teaching Kriya Yoga.

### 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



ॐ

ॐ

ॐ

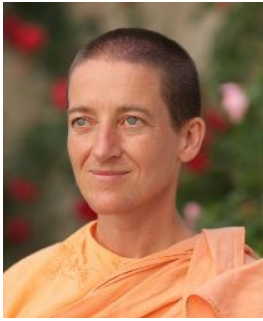
ॐ

ॐ

ॐ

ॐ





# Kriya Yoga London Program

## 24 – 26 April 2015



**Friday 24 April** 7.00-9.00pm Lecture on Kriya Yoga: The ancient and mystical path of meditation

**Saturday 25 April** 9.00am-1.00pm 1<sup>st</sup> Kriya Yoga initiation

1.00pm -3.00pm Lunch break

3.00pm -5.30pm Explanation of techniques and Guided Meditation

**Sunday 26 April** 8.30am -10.15am 2<sup>nd</sup> Kriya Meditation (Only for those already initiated into 2nd Kriya)

10.30am-1,00pm 1<sup>st</sup> Kriya Teachings/Revision of techniques/ Guided Meditation\*

1.00pm - 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**

**Located just behind the Tate Modern Art Gallery.**

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

**Nearest Tube: London Bridge, Southwark, Waterloo**

### PLEASE NOTE

- \*\*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.
- We advise that you attend the introductory lecture on Friday.
- 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 of fruit(s) you bring is your choice
- A total 5 flowers which represent the five senses. The type of flower(s) you bring is your choice

### COSTS

- Friday Lecture £5.
- Initiation payment of £150 for new initiates (includes Saturday and Sunday)
- Saturday £25 (day or part day) for those already initiated
- Sunday £25 (day or part day) for those already initiated

### 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.

