



क्रिया योग *kriyā yoga*

www.kriya.org



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 her master Paramahansa Hariharananda in 1990 in New York. Since then she has travelled frequently to India, Europe, and the USA to stay and meditate with her master and his successor Paramahansa Prajñanananda's.

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 now travels extensively in Europe teaching Kriya Yoga.

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



Retreat at St Katharine's April 20th to 23rd 2015

Kriya Yoga UK is delighted to announce a retreat with Swami Mangalananda and Yogacharya Claudia Cremers at St Katharine's in Henley-on-Thames. See <http://www.srpf.org.uk> for more details of St Katharines. The historic 14th 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 costs £330 which is payable when booking and includes full board, shared accommodation and vegetarian food. There will be two days of silence where participants 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. We also welcome those who wish to be initiated into Kriya yoga. An additional charge of £50 for new initiates is payable at the retreat.

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 22 March 2015 latest. However please note that we cannot guarantee a refund should you cancel.





Retreat Schedule Guide
Monday 20th April

14:00 Arrival time
 17:00 Guided Meditation
 18:30 Dinner
 19:45 Teachings / Q&A
 20:45 Retire / Quiet Time

Tuesday 21st and Wednesday 22nd April

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
 19:45 Teachings / Q&A
 20:45 Retire / Quiet Time

Thursday 23rd April

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 already practise kriya yoga Yes No (please circle one)

I would like to attend the retreat and enclose **signed booking form** and my cheque for £330 dated and made payable to Kriya Yoga UK.

Please post your cheque and booking form to Kriya Yoga UK, c/o Flat 22 Overstrand Mansions, Prince of Wales Drive, London SW11 4EZ

Alternatively you can transfer the money online to Kriya Yoga account, please contact Michael for account details at: kriyayogauk@btconnect.com

You may also scan and email this booking form to kriyayogauk@btconnect.com

Note: For those wishing to learn/be initiated into Kriya Yoga an additional charge of £50 is payable **at the retreat venue**