



Schedule

Friday, May 15

7 – 8.30 pm

Public lecture open to all
An Overview of Kriya Yoga

Saturday, May 16

9 am – 1 pm

Initiation and Meditation

break

4 pm – 6.30 pm

Explanation of the Kriya Yoga technique
Guided Meditation

Sunday, May 17

9 am - noon

Meditation

Questions & Answers

break

2.30 pm – 5 pm

Meditation

Questions & Answers



Location

Táborská Elementary School
Táborská 45
Praha 4 - Nusle

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



Kriya Yoga Europe

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THE ANCIENT SCIENCE OF KRIYA YOGA



Kriya Yoga Program Prague

May 15-17, 2015



with

Yogacharya
Ursula Schmidtke

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 Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

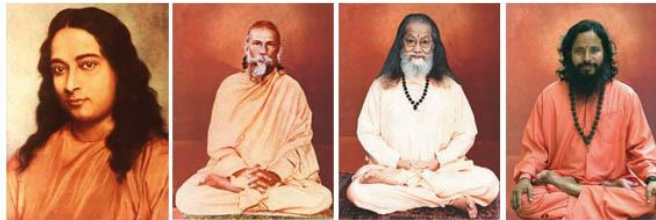
PARAMAHAMSA PRAJÑANANANDA

(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



Top row (left to right): Mahavatar Babaji Maharaj, Lahiri Mahasaya, Swami Shriyukteshwar Giri, Shrimat Bhupendranath Sanyal Mahasaya
Bottom (left to right): Paramahansa Yogananda, Swami Satyananda Giri, Paramahansa Hariharananda, Paramahansa Prajnanananda

Info & Registration

Kriya Yoga Group Prague

Contact: Katerina & Vilmos Csimma
Tel. +420 773025352 / +36 70-6985654
Email: kriya.cz@gmail.com

Overnight Accommodation will be arranged on request for 150,- CZK per night

Donations for the program

Saturday and Sunday 1000,- CZK or 250,- CZK per half day

The weekend is free of cost for New Initiates.



Initiation

People who wish to learn Kriya Yoga must first receive initiation from an authorized teacher of Paramahansa Hariharananda/ Paramahansa Prajnanananda lineage.

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**
(representing the fruits of our actions)
- **Five flowers**
(representing the five senses)
- **Donation of 2000,- CZK**
(representing 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 to 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.