

### 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



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## THE ANCIENT SCIENCE OF KRIYA YOGA



## Kriya Yoga Program Mallorca

**October 16 - 18  
2015**



*with*

**Swami Mangalananda Giri**



## Schedule

**Friday, 16**

**20.30–22 pm**

**Free public lecture**

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

**Saturday, 17**

**9 am - lunch**

Initiation

**ca. 15 – 18 pm**

Technique Class and Guided Meditation

**Sunday, 18**

**Ca. 10 am - 17 pm**

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



## Locations

Talk on Friday evening: Studio Pilates Palma  
Av. Jaime III, 26, 2<sup>nd</sup> intermediate storey,  
left side, 07012 Palma de Mallorca

Saturday and Sunday:  
"Asociación de Yoga y Filosofía" S'Om  
in San Joan, way to Manacor.

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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:

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Laura Iera, mobile: +34 627 582 535,

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**Overnight Accommodation**

Limited, simple accommodation is  
possible by request in advance.

**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.*