

WHAT IS KRIYA YOGA ?

Kriya Yoga is an ancient method of living meditation that cultivates body, mind intellect, and awareness of the soul using powerful meditative and yogic disciplines.

It helps us to experience the three 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 Kriya Yoga teaches that any action kri , is done by ya, the indwelling soul.

It is universal spiritual discipline that crosses all divisions and boundaries.

Kriya Yoga Ghana



Airside Hotel
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Initiation Program

We are happy to have the opportunity to be able to count on the visit of
Swami Mangalananda
for the initiation



Oct. 7-9, 2016
Accra

www.kriya.org



Schedule

Friday, 7th

7-9 pm

*Public lecture open to all
Meditation, Love, and Peace:
An Overview of Kriya Yoga*

Saturday, 8th

9 am - noon

Initiation

3 - 5 pm

Class for new Initiates

7 - 9 pm

Discourse and Guided Meditation

Sunday, 9th

9 am - 4 pm

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

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

Initiation

People who wish to learn Kriya Yoga must first receive initiation from an authorized teacher of Paramahansa Hariharananda/ 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
(representing the fruits of our actions)
- Five flowers
(representing the five senses)
- Donation of 300 GHC
(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 learn and integrate the techniques.



Initiation

Kriya Yoga Group

**Contact persons: Claudia Turbay
& Afi Sefakor Mensa**

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Overnight Accomodation

**Airside Hotel
Patrice Lumumba Rd,
Accra-Ghana**