



Schedule

Friday, April 8

7 – 8.30 pm

Open public lecture:

Introduction to Kriya Yoga

Saturday, April 9

9 am – 1 pm

Initiation and Meditation

break

4 pm – 6.30 pm

Explanation of Kriya Yoga technique
Meditation

Sunday, April 10

8 – 9.30 am

2. Kriya Meditation

9.30 am – 12.30 pm

Meditation

Questions & Answers

break

3 pm – 5.30 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

Kriya Yoga Centre Vienna

Mother Centre Europe

Pottendorferstrasse 69

2523 Tattendorf, Austria

Tel. +43 2253 81491

Fax +43 2253-81491-29

kyc@kriya.eu

www.kriya.eu

www.kriya.org

Info & Registration

Kriya Yoga Group Prague

Contact: Katerina & Vilmos Csimma

Tel. +420 773025352 / +36 70-6985654

Email: kriya.cz@gmail.com

Overnight Accommodation

may be arranged upon request at the venue
for 150,- CZK per night. Please bring your own
mat and sleeping bag.

Donations for the program

Saturday and Sunday 1000,- CZK

or 250,- CZK per half day

The weekend program is free of cost for
new initiates.



THE ANCIENT SCIENCE OF KRIYA YOGA



Kriya Yoga Program Prague

April 8-10, 2016



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) (right on the photo)

came from a long, unbroken line of masters. A disciple of Swami Shriyukteshwarji and Paramahansa Yoganandaji, ultimately attained nirvikalpa samadhi (state without pulse or breath) - the highest goal of a realized yogi. Filled with purity and love, he spread Kriya Yoga to East and West.

PARAMAHAMSA PRAJÑANANANDA

(left on the photo)

a disciple and successor of Paramahansa Hariharanandaji continues his mission teaching 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.



YOGACHARYA USCHI SCHMIDTKE



has been practicing Kriya Yoga since 1993. She met Gurudev Paramahansa Hariharananda in 1995, which became a turning point in her life. Time and again, she had the opportunity to be with Paramahansa Hariharananda and to meditate under his guidance. In May 2007 Paramahansa Prajñanananda authorised her to teach the authentic 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 Prajñanananda



Initiation

People who wish to learn Kriya Yoga must first receive initiation from an authorized teacher of Paramahansa Hariharananda/ Paramahansa Prajñanananda 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 mat, blanket or cushion and socks to keep warm. Loose and comfortable clothing is recommended.

Please arrive at least 30 minutes before the initiation and 15 minutes before the meditation classes start.

Mobile phones have to be switched off during the initiation and classes.