

### 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 Paramahamsa Hariharananda and Paramahamsa 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 Paramahamsa 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 Paramahamsa 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.



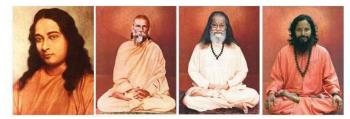
#### YOGACHARYA USCHI SCHMIDTKE

has been practicing Kriya Yoga since 1993. She met Gurudev Paramahamsa Hariharananda in 1995, which became a turning point in her life. Time and again, she had the opportunity to be with Paramahamsa Hariharananda and to meditate under his guidance. In May 2007 Paramahamsa Prajnanananda 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): Paramahamsa Yogananda, Swami Satyananda Giri, Paramahamsa Hariharananda, Paramahamsa Prajnanananda



### Initiation

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