



The authentic, original Kriya Yoga of  
Babaji Maharaj, Lahiri Mahasaya,  
Swami Shriyuktanand and  
Paramahansa Hariharananda

# क्रिया योग *kriyā yoga*

www.kriya.org



Kriya Yoga UK is pleased to announce the visit of Swami Achalananda Giri to London to teach Kriya Yoga from 20 - 22 May 2016.

If you are interested in learning, there will be an introductory lecture on Friday evening and an opportunity to receive initiation and to learn and practice the techniques of Kriya Yoga on Saturday and Sunday.

Kriya Yoga is the ancient and mystical path to self realisation. 'Kri' is the work or activity carried out by 'ya' the indwelling soul. Yoga is the union of individual self and Supreme self. Kriya Yoga is a non-sectarian, scientific and practical meditation technique practised by sages and saints since time immemorial. Kriya Yoga leads to the transformation of the physical consciousness into Divine consciousness and is the essence of all yoga's taught in the world.

In order to practice Kriya Yoga, one needs to receive initiation which can only be given with the grace and love of the Master through an authorised teacher, during which the body is purified and energised. The initiate may perceive Divine Light, Divine Vibration and Divine Sound in the whole body. There is no book or lesson to learn the Kriya Yoga techniques. Kriya Yoga emanates from beyond the five senses organs.

Swami Achalananda was initiated into Kriya Yoga in 2000 by Paramahansa Prajnanananda, a God-realised Kriya master and a direct disciple of Paramahansa Hariharananda who in turn received Kriya initiation from the great Kriya Yoga Master Paramahansa Yogananda. Many spiritual seekers will have heard of Paramahansa Yogananda through his book *An Autobiography of a Yogi*.

These teachings have been handed down through an unbroken lineage of realised Masters since being reintroduced to the world in 1861 by Mahavatar Babaji.



Swami Achalananda lives at the Jagatpur Ashram in India and travels all over the world to teach the holy science of Kriya Yoga. This is Swami's first visit to the UK.

This event will be of interest to those who wish to learn Kriya Yoga for the first time and who will benefit from the purity and authentic teachings of the lineage.

Kriya Yoga can be practised by those who have never meditated or practised yoga before. There is no need to book in advance. However it is recommended that you attend the introductory lecture on Friday evening and the full weekend if you are interested in learning the technique.

For those who are already practicing this is an excellent opportunity to review your technique and to deepen your practice.

Kriya Yoga UK is a registered UK charity in England & Wales. (Number 1119701). Kriya Yoga UK is a company Limited by guarantee, registered in England (Number 6243130). It is connected to Kriya Yoga Institute USA ([www.kriya.org](http://www.kriya.org)) which runs programmes in Europe and throughout the world in order to spread the divine message of Kriya Yoga to all sincere seekers of all faiths and beliefs who are thirsting for spiritual knowledge.

**If you have any questions regarding this programme please contact Michael Mannion at [kriyayogauk@btconnect.com](mailto:kriyayogauk@btconnect.com) or by phone on 00 44 (0)20 7498 5929**



## Kriya Yoga London Programme 20 - 22 May 2016

### Friday 20 May

7.00-9.00pm Introductory Lecture on Kriya Yoga: The ancient and mystical path of meditation

### Saturday 21 May

9.00am - 1.00pm 1<sup>st</sup> Kriya Initiation

1.00pm - 3.00pm Lunch break

3.00pm - 5.00pm Detailed explanation of techniques and Guided meditation\*

### Sunday 22 May

8.30-10.00 am 2<sup>nd</sup> Kriya Meditation (Only for those already initiated in 2<sup>nd</sup> Kriya (i.e. not for those initiated into 1<sup>st</sup> Kriya this weekend)

10.15am – 12.45pm 1<sup>st</sup> Kriya Teachings/revision of techniques/Guided meditation

12.45pm - 2.30pm Lunch break

2.30 - 5.00pm Questions & Answers/Teachings/Guided meditation

Please note we reserve the right to alter the programme schedule.

**Venue: London School of Economics (LSE)  
BANKSIDE HOUSE, 24 SUMNER STREET, LONDON, SE1 9JA**

**See: <http://www.lsevenues.co.uk/location.htm> for *location map*.  
Nearest Tubes: London Bridge, Southwark, Waterloo**

### IMPORTANT INFORMATION:

- \*Teachings and guided meditation may only be attended by those already initiated by Paramahansa Hariharananda or Paramahansa Prajnanananda or one of their authorised teachers.
- There is no need to book in advance and no special preparation is needed apart from a sincere desire to learn and practice Kriya.
- To receive maximum benefit you should attend the introductory lecture and the full weekend.

### INITIATION:

An offering will be required from each person being initiated. Please bring:

- Any 5 fruits symbolising the fruit of your actions. The type and number of each fruit you bring is your choice.
- Any 5 flowers which represent the five senses. The type and number of each flower you bring is your choice.
- A payment of £150 representing the causal, astral & gross bodies.

### COSTS

- For new initiates £150 in total (includes Saturday and Sunday)
- Friday Lecture £5.
- Saturday £35 for those initiated prior to this weekend.
- Sunday £35 for those initiated prior to this weekend.

### PLEASE NOTE

- Please bring a cushion/yoga mat to sit on. Chairs will also be provided
- Books and photos will be on sale at the programme
- The time taken for initiation may vary depending on the number of attendees and the programme times may vary accordingly.
- We reserve the right to alter the programme schedule.

**NB. Please arrive at 8.30 am Saturday for registration purposes.**