

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.

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Oslo, Norway Nov 11-13, 2022



with

Swami Chidrupananda Giri

This Kriya Yoga program is also suitable for already practicing Kriya Yogis to deepen their practice and clarify questions or doubts.



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 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



Friday, Nov. 11th
17:15 – 18:45 pm Free Public Lecture – Followed by Q & A
The Ancient Science of Kriya Yoga

Saturday, Nov. 12th
8:30 am – 9:00 am Registration
9:00 am – 12:00 pm Kriya Yoga Initiation
3:00 pm – 5:00 pm Teachings of Kriya Yoga Techniques
5:30 pm – 6:30 pm Guided Meditation

Sunday, Nov. 13th
9:00 am – 11:00 am Review of Kriya Yoga Techniques
11:30 am – 12:30 pm Guided Meditation
3:00 pm – 5:00 pm Q & A followed by Guided Meditation

Location

Majorstuen skole, Bogstadveien 74, Oslo

Registration

Please register via email to (KriyaNorway@gmail.com).

Offerings for initiation 5 flowers, 5 fruits, € 150

Seminarfee: € 100/ day

This weekend program (Sa & Su) is not open to the public. Participants must be taking initiation or already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnānanda.