



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

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 Shriyuktेशwarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

PARAMAHAMSA PRAJÑANANANDA

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



THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Stavanger, Norway
Nov 29-Dec 31, 2024

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



18:30 – 19:30 pm	Friday, Nov 29 Free Public Lecture – Followed by Q & A <i>The Ancient Science of Kriya Yoga</i> Location will be provided after registration
8:30 – 9:00	Saturday, Nov 30 Registration
9:00 – 11:30	Initiation Ceremony
13:00 – 17:00	Teachings of Kriya Yoga Techniques Guided Meditation
9:00 – 12:00	Sunday, Dec 01 Review of Kriya Yoga Techniques
13:00 – 16:00	Guided Meditation Q & A followed by Guided Meditation

Location

Bryne Mølle: Reevegen 1, 4340 Bryne (Saturday & Sunday)

Registration

Please register via email to kriyayogaforlife@gmail.com

Fees

Offerings for initiation 5 flowers, 5 fruits, 1800 NOK

Fees for Saturday 300 NOK / Sunday 300 NOK

The weekend program(Saturday & Sunday) 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 Prajñanananda.