

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) - (photo on the right)

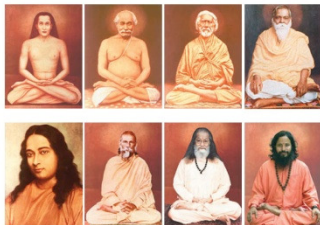
Filled with purity and love, came from a long, unbroken line of masters, ultimately attaining nirvikalpa samadhi (the state without pulse or breath), the highest goal of a realized yogi. A disciple of Swami Shriyuktेश्वarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

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



Kriya Yoga Europe

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THE ANCIENT SCIENCE OF KRIYA YOGA



Kriya Yoga Valencia

April 21-23, 2017



with

Swami Mangalananda Giri



Schedule

Friday, 21

7 – 9 pm

Public lecture open to all: An introduction to Kriya Yoga and its lineage of Masters

Saturday, 22

10 am - noon

1st Kriya Initiation

4 – 7 pm

Class for new Initiates
Discourse and Guided Meditation

Sunday, 23

8 – 9 am

1^o Kriya Meditation*

11.00 am – noon

1^o Kriya Meditation, Classes

3 – 4 pm

2nd Kriya Initiation

4 – 6 pm

2nd Kriya Meditation**



Location

Monastery Ntra. Sra. de Montiel
46180 Benaguacil-Valencia

*Meditations and technique classes may be attended only by initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.

**Only for those initiated in the 2^o level of Kriya



Initiation

People who wish to learn Kriya Yoga must first receive initiation from an authorized teacher of Paramahansa Prajnanananda.

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**

(represent fruits gained from activities throughout life)

- **Five flowers**

(represent the five senses)

- **Donation €125 ***

(represents the physical body)

After the 1^o Kriya Yoga 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 learn and integrate the techniques.

Please bring a blanket or cushion and socks.
Loose, comfortable clothing is recommended

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

Mobile phones must be switched off during the initiation and classes.

*The donation for 2nd Kriya Initiation is €175



Teacher

Swami Mangalananda Giri

Born close to Stuttgart, Germany, she met her Master Paramahansa Hariharananda in 1993. From this date on she accompanied him on his travels through Europe, translating his talks and seminars. After finishing her medical studies, she was ordained as a Swami by Paramahansa Hariharananda and is authorized to teach Kriya Yoga. She lives in the Kriya Yoga Centre close to Vienna.

Info & Registration

Kriya Yoga Group Valencia

Contact person

Peter van Benten

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Email: petrivb@telefonica.net

Please reserve your place beforehand, as places may be limited

Donations for the program

We ask those of you who have already received the initiation, to give a donation for each meditation, which is up to your possibilities.