

## WHAT IS KRIYA YOGA ?

Kriya Yoga is an a powerful method of living and meditation that cultivates body, mind, intellect, and awareness of the soul using 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 above on the right)

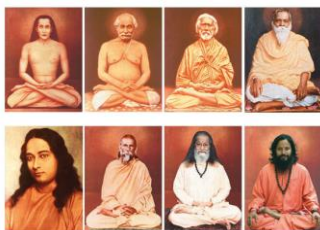
Filled with purity and love, came from a long, unbroken line of masters, ultimately attaining nirvikalpa samadhi (the state without pulse or breath), the highest goal of a realized yogi. A disciple of Swami Shriyukteshwarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

**PARAMAHAMSA  
PRAJÑANANANDA**

(photo above 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

### Kriya Yoga Centre Vienna Mother Centre Europe



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## THE ANCIENT SCIENCE OF KRIYA YOGA



### Kriya Yoga Program Dublin

**Initiations**  
**April 28<sup>th</sup> -30<sup>th</sup>**  
**2017**

*With*



**Yogacharya Claudia Cremers**





## Schedule

### Friday, April 28<sup>th</sup>

10am-3pm Walking Tour of  
Glenadaluagh

7-8:15pm - Lecture on Kriya Yoga  
8:15-9pm - Meditation

**Suggested Lecture Donation €5**  
**Suggested Meditation Donation €5**

### Saturday, April 29<sup>th</sup>

9am-11:30am –Kriya Initiation

12am – 1pm - Meditation

1-4pm- Lunch break

4pm– 5pm – Questions & Answers

5-6pm - Meditation

### Sunday, April 30<sup>th</sup>

9am – 10:30am – 2<sup>nd</sup> Kriya only

10:45-11:45 – Teachings/revision of  
techniques/

12am-1pm - Guided Meditation for I Kriya

1pm–2:30pm – Lunch Break

2:30-4pm – Film of Yogananda 'Awake'

4–5pm - Guided Meditation

## Initiation Location

Dominican Retreat Centre, Tallaght Village, Dublin  
24, Ireland.

For Further Information see: <http://domsrc.com/>  
Email [retreathouse@eircom.net](mailto:retreathouse@eircom.net) or phone (01)  
4048123/4048189

Meditations ,technique classes & silent retreat  
may be attended only by initiates in the lineage  
of Paramahansa Hariharananda and  
Paramahansa Prajnanananda.



## Initiation

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

During the initiation ceremony the body, spine, and  
senses are purified. Then there is infusion of the triple  
divine qualities of light, sound & 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 of € 150**  
*(represents 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 learn and integrate the  
techniques.

Please bring a blanket or cushion. 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 €150 covers the cost of the whole w/e excluding  
food and accommodation.



## Teacher

### Yogacharya Claudia Cremers

Yogacharya Claudia Cremers (1962) has been  
practising Kriya Yoga since 1987. She was  
initiated by Rajarshi Peter Van Breukelen and  
received subsequent initiation from  
Paramahansa Hariharinanda. She followed her  
master for years and was studying with him  
intensely. Claudia initially studied music and  
international law in Amsterdam and Paris.  
During 1987-2012 she worked for the Dutch  
government. Since then she has lived in Sterksel,  
dedicating her time to spreading and teaching of  
Kriya Yoga. Claudia Cremers has been giving  
initiations into Kriya Yoga since 2007

## Information & Registration

**Kriya Yoga Group** (Dublin -Ireland))  
Tel: 086-8534765 or 061-927441  
Email:(kriyairland1@gmail.com)

### Overnight Accommodation

Single Rooms for €45/night including breakfast  
and Dinner. Vegetarian Lunch with Tea for €15.

Please book you Room with Dominican Retreat  
Centre.

### Donations for the initiation program

Saturday and Sunday

€50 full weekend

€ 30 per day

€15 half Day

