

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

PARAMAHAMSA PRAJNANANANDA

1960 - (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 Europa

Kriya Yoga Centre Vienna



Pottendorferstr. 69
2523 Tattendorf
Austria
Tel. 0043 2253 81491
Fax 0043 2253 80462
kyc@kriya.eu
www.kriyayoga-europe.org
www.kriya.org

Kriya Yoga Centre Holland



Heezerweg 7
6029 PP Sterksel
NNetherlands
Tel. 0031 40 2265576
Fax 0031 40 2265612
info@kriyayogameditatie.nl



THE ANCIENT SCIENCE OF KRIYA YOGA



Kriya Yoga Hiking Retreat in Elm, Kanton Glarus 18 – 24th Aug 2017



with
Swami Mangalananda Giri
and
Yogacharya Uschi Schmidtke

Schedule

18th August 2017

15:00-17:00 Arrival

18:00 Meditation

20:00 Dinner

19th August 2017

6:30 Meditation

Breakfast

11:00 Initiation/Meditation

Lunch

17:00 Meditation

Dinner and Satsang

20th August 2017

6:30 Meditation

Breakfast

Hiking with Meditation

21-23th August 2017

Program as on 20. August

24th August 2017

6:30 Meditation

Breakfast

Seva und departure

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

Place of event



Ferienhaus Alpina
Im Ämpächli
8767 Elm

Informations: www.ferienhaus-alpina.ch

Car parking area at the Valley station

From the station of the cable railway Elm-Ämpächli you reach the house in 2 minutes on foot.

Initiation

People who wish to learn Kriya Yoga must first receive initiation from an authorized teacher of Paramahansa Hariharananda/ 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**
(representing the fruits of our actions)
- **Five flowers**
(representing the five senses)
- **Donation of CHF 200.-**
(representing 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.



Swami Mangalananda Giri

Born in Germany, Swami Mangalananda grew up near Stuttgart. In 1992, she received Kriya initiation from Rajarshi Peterananda, and then met her master Paramahansa Hariharananda in 1994. From this time onward, she stayed with Paramahansa Hariharananda in various ashrams, and also traveled with him throughout Europe.

After studying philosophy for some years Swamiji began studying medicine in Germany at Tübingen University. However, she chose to continue her medical degree at the University of Vienna, enabling her to complete her studies while simultaneously serving and living with her master. She received her MD in July, 2000.

Shortly after the completion of her studies, in September, 2000, she was ordained as a monk in the Giri monastic order and given the name Swami Mangalananda, which means bliss of auspiciousness. Swami Mangalananda is the first female monk in the lineage of Paramahansa Hariharananda. She conducts Kriya Yoga programs in the Tattendorf ashram in Austria and throughout Europe.

Yogacharya Uschi Schmidtke

Yogacharya Ursula Schmidtke lives in Germany and has been practicing Kriya Yoga since 1993. She met Gurudev Paramahansa Hariharananda in 1995, which was a turning point in her life. Then in 1996 to 1997 she had the fortunate opportunity to stay and serve and meditate with Gurudev in the USA. She was authorized to teach Kriya Yoga in May 2007. Her training and profession is in the medical field and she has worked as a medical technician.

Info & Registration

Kriya Yoga Group Zurich
Christine Glauser

E-Mail: info@yoga-kuesnacht.ch

Tel: +41 43 539 46 98

Donations for the program:

CHF 450.-

Including accommodation and meals