



(1907-2002)
**PARAMAHAMSA
HARIHARANANDA**

Paramahansa Hariharananda was a beautiful example of purity and love. He came from a long unbroken lineage of Masters. Paramahansa Hariharananda attained Nirvikalpa Samadhi - the state of highest bliss without pulse or breath. A disciple of Swami Shri Yukteshwarji and Paramahansa Yoganandaji, this realized Yogi spread Kriya Yoga in India and throughout the world.



**PARAMAHAMSA
PRAJNANANANDA**

As his successor, he continues the mission of his Master with boundless energy and love. He urges us to realize that in every breath we all are Divine. He shows by example that we can achieve the blissful state of Divine love and contentment if we sincerely practice the Kriya Yoga techniques and apply them in our daily life.

THE LINEAGE OF MASTERS



KRIYA YOGA EUROPE

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The Mother Centre of Europe**

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**PARAMAHAMSA
HARIHARANANDA**

**The Ancient Science
of Kriya Yoga**





What is Kriya Yoga?

Kriya Yoga is an ancient method of meditation associated with conscious living. Through breath control, concentration and posture, it cultivates body, mind, intellect and soul consciousness.

Kriya Yoga gives us the experience of inner light, vibration and sound, both in meditation and during daily activities.

Practising Kriya Yoga brings greater calmness and inner joy, leading to a more balanced and successful life.

Kriya Yoga teaches that any action, *kri*, is done by *ya*, the indwelling soul. It is a universal spiritual discipline that goes beyond all religious and cultural divisions.




Through the practice of Kriya Yoga one can gradually conquer ego, emotions and attachments with the realization that life is, in its essence, pure, divine and peaceful.



The Initiation

People who wish to learn Kriya Yoga must receive initiation from a teacher authorized by Paramahansa Hariharananda or Paramahansa Prajnanananda. During initiation the body, mind, chakras and the sense organs are purified.

The following offerings are needed for initiation:

-  - **Five fruits:**
representing the fruits of all our actions
(the causal body)
-  - **Five flowers:**
representing the five senses
(the astral body)
-  - **Donation of € 150:**
representing the gross body
(the physical body)

After the initiation ceremony, the Kriya Yoga techniques will be taught followed by guided meditations. It is recommended to attend at least three meditation classes in order to properly learn the techniques.

How to practise Kriya Yoga?

The techniques of Kriya Yoga can be practised sitting on the floor or on a chair. The Kriya practice consists of simple body postures and, after your individual initiation, you can practise them at home.

There are two Kriya Yoga Centres and many Kriya Yoga Groups all over Europe, where one can attend guided group meditations or weekend programmes and seminars.

The Teachers

Rajarshi Peter van Breukelen is the head of the Kriya Yoga Centrum in Sterksel, the Netherlands. He received authorization to teach Kriya Yoga in 1982.



Swami Mangalananda Giri has been ordained a monk by Paramahansa Hariharananda and Paramahansa Prajnanananda after she completed her medicine studies.



Yogacharya Christine Jacobsen is one of the co-founders of the Kriya Yoga Centre Vienna, Austria. She has been teaching Kriya Yoga since 1996.



Yogacharya Claudia Cremers lives at the Kriya Yoga Centrum in Sterksel, the Netherlands. She teaches at many seminars worldwide.



Yogacharya Petra Helwig lives in the Netherlands, is married and has two children. She used to be a dance teacher and has been giving initiation into Kriya Yoga since 2007.



Yogacharya Uschi Schmidtke met Paramahansa Hariharananda in 1995, an encounter which represented a turning point in her life. She now lives at the Kriya Yoga Centre Vienna.





Seminar in Tallow, Co. Waterford

23rd-24th - June 2018

with Swami Mangalananda Giri

Saturday, 23rd June 2018

- 08:45 Preparation for Initiation
09:00 Initiation followed by Meditation
13:00 Lunch together (*optional*)
16:00 Explanation of Techniques
17:00 Meditation

Sunday, 24th June 2018

- 09:00 II. Kriya Meditation
(only for those initiated into II. Kriya)
11:00 Guided Meditation
13:00 Lunch together (*optional*)
15:00 Questions & Answers followed by
Guided Meditation

*** Only those initiated into the Kriya Yoga lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda are allowed to participate at the Meditation and Techniques classes. ***

Venue Rectory Cottage
West Street
Tallow, Co. Waterford.
(Kriyayogaireland.org)

Costs (not for new initiates)

The Seminars in Waterford are funded by donations/contributions and are organised by volunteers.

Sat and Sun € 30 (insert price) per day
€ 15 (insert price) for half day

Information

An optional warm organic vegetarian meal will be provided for a cover cost of €5/person for all participants.

Please bring a blanket/yoga mat, a cushion and socks with you. We also recommend loose and comfortable clothing.

Kindly arrive 30 minutes before initiations start and 15 minutes before each meditation class.

Remember also to switch off your mobile during the program.

Information and Registration

Kriya Yoga Group (Cork/Waterford)
Mobile: 00353/(0)89 2536880
Email: kriyaireland1@gmail.com

