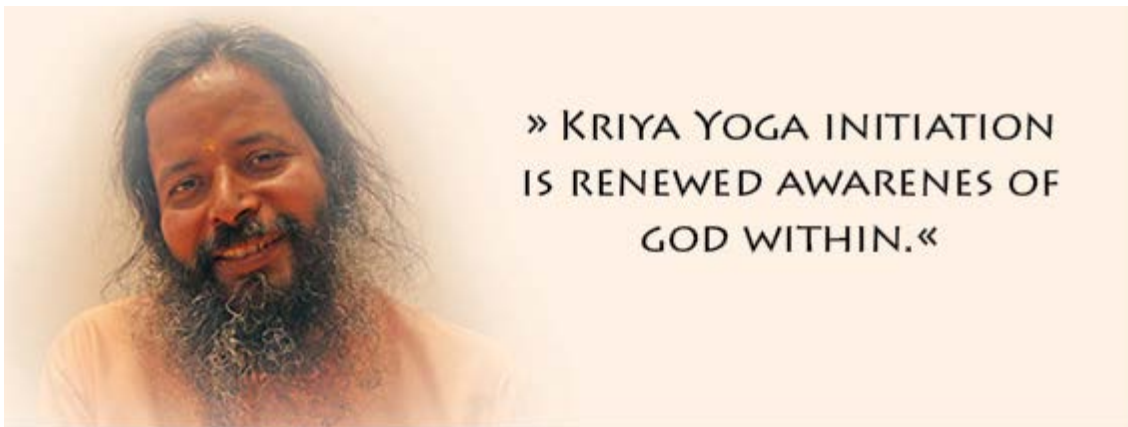




Kriya Yoga  
Programme with  
Paramahansa Prajnananda  
London

12-14 October 2018





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Kriya Yoga UK is delighted to announce the visit of **Paramahansa Prajnanananda** to London from 12 – 14 October 2018. Prajnananandaji will be accompanied by teachers **Yogacharyas Uschi Schmidtke** and **Histas Damania**

If you are interested in learning Kriya Yoga, there will be an introductory lecture on Friday evening and an opportunity to receive initiation and to learn and practice the techniques on Saturday and Sunday.

To practice Kriya Yoga, one needs to receive initiation which can only be given with the grace and love of the Master through an authorised teacher, during which the body is purified and energised. The initiate may perceive Divine Light, Divine Vibration and Divine Sound in the whole body.

#### **PARAMAHAMSA PRAJNANANANDA**

Paramahansa Prajnanananda (in his pre-monastic days known as Triloki Dash) met his spiritual master Paramahansa Hariharananda in 1980 and was initiated into Kriya Yoga the same year. At this time, he was a student and later became a professor of economics. In 1992 his master authorised him to teach Kriya Yoga. He first visited Europe in 1994 and in 1995 was initiated into monkhood becoming Swami Prajnanananda. Three years later, in August 1998 Swami Prajnanananda was given the title of Paramahansa by Paramahansa Hariharananda, the highest title given to monks and saints who attain the summit of God-realization. He has ceaselessly travelled around the world to promote the message of Kriya Yoga to all who seek liberation. He has written and translated many books on diverse spiritual topics, skilfully interpreting ageless philosophies in the light of modern science and technology.

## YOGACHARYA URSULA SCHMIDTKE

Yogacharya Ursula Schmidtke is based in our Tattendorf ashram in Austria from where she travels to teach Kriya all around Europe. She has been practicing Kriya Yoga since 1993 and was authorized to teach Kriya Yoga in May 2007. She met Gurudev Paramahansa Hariharananda in 1995, which was a turning point in her life. Then in 1996 to 1997 she was fortunate to stay, serve and meditate with Gurudev in the USA.

## YOGACHARYA HISTAS DAMANIA

Histas is a householder yogacharya living with his wife and family in Mumbai. He was initiated into Kriya Yoga in Jan 2002 and was authorised to teach Kriya in March 2016. Histas qualified and works as an architect and was instrumental along with Paramahansa Prajnananandaji in designing the Guru Mandir or samadhi shrine of Gurudev Paramahansa Hariharananda, in Balighai, Puri, Odisha India which was inaugurated in May 2006.

This weekend programme will be of interest to those who wish to learn Kriya Yoga for the first time and who will benefit from the purity and authentic teachings of the lineage.

Kriya Yoga can be practised by those who have never meditated or practised yoga before. There is no need to book in advance. However, it is recommended that you attend the introductory lecture on Friday evening and the full weekend if you are interested in learning the technique.

For those who are already practicing this is an excellent opportunity to review your technique and to deepen your practice.

If you have any questions regarding this programme, **please contact Michael Mannion at [info@kriyayogauk.com](mailto:info@kriyayogauk.com)**



[WWW.KRIYA.ORG](http://WWW.KRIYA.ORG)



## Programme Schedule

### Friday 12 October

7.00-9.00pm      Introductory Lecture on Kriya Yoga: The ancient and mystical path of meditation

### Saturday 13 October

9.00am - 1.00pm      1<sup>st</sup> Kriya Initiation

1.00pm - 3.00pm      Lunch break

3.00pm - 5.00pm      Detailed explanation of techniques and Guided meditation

### Sunday 14 October

8.30-10.00 am      2<sup>nd</sup> Kriya Meditation (Only for those already initiated in 2<sup>nd</sup> Kriya (i.e. not for those initiated into 1<sup>st</sup> Kriya this weekend))

10.15am – 12.45pm      1<sup>st</sup> Kriya Teachings/revision of techniques/Guided meditation

12.45pm - 2.30pm      Lunch break

2.30 - 5.00pm      Questions & Answers/Teachings/Guided meditation

Please note we reserve the right to alter the programme schedule.

**Venue: London School of Economics (LSE)**

**BANKSIDE HOUSE, 24 SUMNER STREET, LONDON, SE1 9JA**

**See: <http://www.lsevenues.co.uk/location.htm> for *location map*.**

## **Nearest Tubes: London Bridge, Southwark, Waterloo**

### **IMPORTANT INFORMATION:**

- There is no need to book in advance and no special preparation is needed apart from a sincere desire to learn and practice Kriya.
- To receive maximum benefit, you should attend the introductory lecture and the full weekend.

Teachings and guided meditation may only be attended by those already initiated by Paramahansa Hariharananda or Paramahansa Prajnanananda or one of their authorised teachers

### **INITIATION:**

An offering will be required from each person being initiated. Please bring:

- Any 5 fruits symbolising the fruit of your actions. The type and number of each fruit you bring is your choice.
- Any 5 flowers which represent the five senses. The type and number of each flower you bring is your choice.
- An offering of £150 representing the causal, astral and gross bodies. This covers costs for Saturday and Sunday.

### **COSTS**

- Friday Lecture £5.
- Saturday £35 for those initiated prior to this weekend.
- Sunday £35 for those initiated prior to this weekend.

### **PLEASE NOTE**

- Please bring a cushion/yoga mat to sit on. Chairs will also be provided
- Books and photos will be on sale at the programme
- The time taken for initiation may vary depending on the number of attendees and the programme times may vary accordingly.
- We reserve the right to alter the programme schedule.

**NB. Please arrive at 8.30 am Saturday for registration purposes.**