



**Kriya Yoga UK Retreat,
Aylesford Priory, Kent.
Swami Achalananda Giri.
20 – 23 May 2019.**

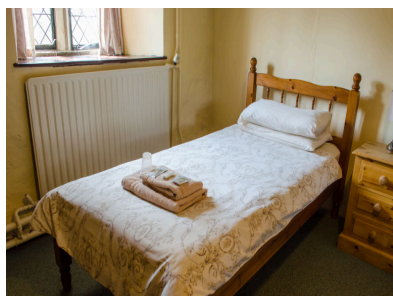




Kriya Yoga UK is delighted to announce a retreat with Swami Achalananda Giri at Aylesford Priory (The Friars) in Kent. See www.thefriars.org.uk. The Friars is an ancient religious house founded in the 13th century when the first Carmelites arrived from the Holy Land. This beautiful place with its gardens, chapels and mediaeval buildings is a lovely venue for a retreat set, in a peaceful rural setting. The Aylesford Priory is 30 miles southeast of London and easy to get to by car or by train (London Victoria to Maidstone East 1 hr). The retreat cost of £300.00 per person, which is payable when booking includes full board, single room occupancy in simple clean rooms and vegetarian food.

Swami Achalananda Giri

Prior to taking his monastic vows, Swami Achalananda was known as P. Shrihari Aiyer. He was born in 1966 in Koduvayoor, a village in the State of Kerala (South India). After obtaining his degree in mechanical engineering, he worked for thirteen years in the petroleum industry in India and Kuwait. He returned to India in the year 2000 and received initiation into Kriya Yoga from his beloved Master Paramahansa Prajnanananda. He then went on to complete a master's degree in computer science in the USA. In 2004, he again met Paramahansa Prajnanananda at a Kriya Yoga retreat in the USA and shortly afterwards followed him to India, where he participated at a Residential Brahmachari Course at Prajnana Mission. Following this course, he decided to renounce the material world and retired to the Hariharananda Gurukulam in Balighai (Puri), India. He was initiated into brahmacharya in February 2009 with the name Brahmachari Dhiranananda and in February 2012, his Master initiated him into monkhood with the new name Swami Achalananda Giri. At present, Swami Achalananda resides at the Jagatpur Ashram in India, where he serves as Secretary and Administrator for Prajnana Mission. Occasionally he travels outside India to participate at events and to spread the holy science of Kriya Yoga and the teachings.



There will be two days of silence where kriyavans will have a wonderful opportunity to meditate, contemplate, relax and deepen their practice. The retreat is for those already initiated into Kriya Yoga by Paramahansa Hariharananda, Paramahansa Prajnanananda or one of their authorized swamis or acharyas.





Retreat Schedule Guide

Monday 20th May 2019

14:00	Arrival time
17:00	Guided Meditation
18:30	Dinner
19:30	Teachings / Q&A
20:30	Retire / Quiet Time

Tuesday 21st and Wednesday 22nd May 2019 in Silence

06:15	Guided Meditation
08:00	Breakfast
09:30	Kriya Yoga teachings
10:45	Tea Break
11:15	Guided Meditation
13:00	Lunch
14:00	Rest / Private Time
15:30	Afternoon Tea
17:00	Guided Meditation
18:30	Dinner
19:30	Teachings / Q&A
20:30	Retire / Quiet Time

Thursday 23rd May 2019

06:15	Guided Meditation
08:00	Breakfast
09:30	Kriya Yoga teachings
10:45	Tea Break
11:15	Guided Meditation
13:00	Lunch
14.00	End of retreat

P.S. We reserve the right to alter the programme schedule.

Retreat Booking Form

Name

Address

Email:

Telephone

Signature and Date:

Please complete this form and scan and email it to info@kriyayogauk.com
You can transfer the retreat cost of £300.00 by BACS to our Kriya Yoga account,
please contact Hagen for account details at: info@kriyayogauk.com

Alternatively, please sign and date this form and post it to Kriya Yoga UK, PO Box 7238, London, NW7 0HS along with a cheque for £300.00 made payable to Kriya Yoga UK.

Please note that places are limited, and both places and rooms will be allocated on a strictly first-come, first-served basis. However, we regret that in the event of cancellation, we cannot guarantee a refund if we cannot reallocate your room.

By Road:

- Use M20 and exit at junction 6 then follow signs to Eccles and The Friars.
- M2 exit at junction 3 then follow the signs (towards Maidstone A229) to Eccles and The Friars.
- If using satellite navigation, please enter HIGH STREET or BULL LANE

By Train:

- London Victoria to Maidstone East then take a taxi or bus 155 to The Friars.
- London St Pancras, change at Strood for Aylesford, then a 20 minute walk or short taxi journey.
- London Victoria to West Malling then take a taxi to The Friars.