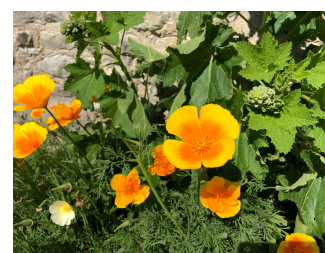




Kriya Yoga UK Retreat.  
Aylesford Priory, Kent.  
Swami Achalananda Giri.  
18 – 21 May 2020



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](http://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.

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.

### **Swami Achalananda Giri**

Before taking his monastic vows, Swami Achalananda was known as P. Shrihari Aiyer. He was born in 1966 in a South Indian Brahmin family 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 refinery industry in India and Kuwait. He then returned to India and received, in 2000, initiation into Kriya Yoga from his beloved Master Paramahansa Prajnanananda. P. Shrihari Aiyer then went on to complete a master's degree in computer science in the USA.

In 2004, he again met his Master Paramahansa Prajnanananda at a Kriya Yoga retreat in Colorado Springs (USA) and followed him shortly afterwards to India, to participate at the second Residential Brahmachari Course at Prajnana Mission. After the 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 since 2011. He also travels to participate at events in India and all over the world to spread the holy science of Kriya Yoga and the teachings of his Masters.





## Retreat Schedule Guide

### Monday 18 May 2020

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

### Tuesday 19 and Wednesday 20 May 2020 in Silence

05:45	Stretching/Yoga Asanas
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 21 May 2020

05:45	Stretching/Yoga Asanas
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.



## Kriya Yoga UK Retreat Booking Form

Name

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Address

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Email:

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Telephone

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Signature and Date:

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Please complete this booking form and the disclaimer form and email it to [info@kriyayogauk.com](mailto: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](mailto:info@kriyayogauk.com)

Alternatively, please post both completed forms 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.





PO Box 72328, London, NW7 0JS, Tel 07505 027 382

## Kriya Yoga UK Retreat Aylesford 18 - 21 May 2020

By signing below I agree to the terms and conditions and that I will not hold Kriya Yoga UK, liable for any injuries, illness, damages, and losses, that may occur during my attendance at the retreat.

Registrant acknowledges that he/she has carefully read these paragraphs and fully understands that this is a waiver and release of liability.

Registrant's Signature:

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Print Name:

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Date: \_\_\_\_\_