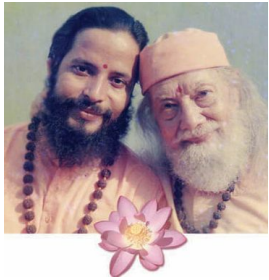


WHAT IS KRIYA YOGA

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 PRAJÑANANANDA

(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 Europe

Kriya Yoga Centre Vienna
Mother Centre Europe



Pottendorferstrasse 69
2523 Tattendorf
Austria

tel. +43 2253 81491 fax.

+43 2253 80462

kriya.yoga.centre@aon.at
www.kriyayoga-europe.org
www.kriya.org

Kriya Yoga Centrum



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THE ANCIENT SCIENCE OF KRIYA YOGA

Spring Retreat

Kriya Yoga Centre Vienna
(Tattendorf near Baden)

April 22-25, 2011

September 2 -11, 2011



with

Paramahansa Prajñanananda

Swami Mangalananda Giri
and other Yogacharyas



Schedule

Friday, April 22, 2011
6 - 8 pm

*Introductory Lecture
and
Meditation for all*

Saturday, April 23, 2011

9 am - noon

Initiation

4 – 5.30 pm

Explanation of technique,
Meditation

6 – 8.30 pm

Discourse and Guided Meditation

Sunday, April 24 and
Monday April 25, 2011

6 am – 8.30 pm

All-Day Program: Question &
Answers, Meditations, Videos,
Lectures (daily 6.00pm)



Location

Kriya Yoga Centre Vienna
Pottendorferstr. 69
2523 Tattendorf

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



Initiation

People who wish to learn Kriya Yoga must first receive initiation from an authorized teacher of 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
(represent fruits gained from activities throughout life)
- Five flowers
(represent the five senses)
- Donation of € 150
(represents 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.

Please bring a blanket or cushion and socks. Loose, comfortable clothing is recommended

Please arrive at least 30 minutes before the initiation and 15 minutes before the meditation classes start.

Mobile phones must be switched off during the initiation and classes.



Teachers

Paramahansa Prajnanananda

is the current head of the Kriya Yoga Institutions, disciple and successor of Paramahansa Hariharananda. A truly powerful teacher, author and speaker on world religions. He combines a divine compassion with his mastery of complex philosophical thoughts. On his 39th birthday the title of Paramahansa, the highest title reserved for monks, who attain the summit of realization, was conferred upon him by his loving and divine Master.

Peter van Breukelen,
Swami Mangalananda Giri
and the Yogacharyas

are all long term disciples of Paramahansa Hariharananda, who authorized them to give initiations into the authentic Kriya Yoga.

Info & Registration

Kriya Yoga Centre Vienna

Tel. +43-2253-81491

Fax +43-2253-80462

Email: kriya.yoga.centre@aon.at

Website: www.kriya.org

Overnight Accommodation

By request we will send you a list of accommodations.

Fees for the programme

* Seminar fee € 30 per day

* Seminar fee including meals € 42 per day