

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)

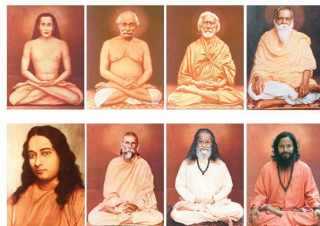
filled with purity and love, came from a long, unbroken line of masters, ultimately attaining nirvikalpa samadhi (the state without pulse or breath), the highest goal of a realized yogi. A disciple of Swami Shriyukteshwarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

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



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THE ANCIENT SCIENCE OF KRIYA YOGA

Fall Retreat

Kriya Yoga Centre Vienna

(Tattendorf near Baden)

Sept. 2-11, 2011



with

Paramahansa Prajñanananda

Rajarshi Peter van Breukelen

Swami Mangalananda Giri

and other Yogacharyas



Schedule

Friday, Sep. 2, 2011

6 - 8 pm

*Introductory Lecture,
Meditation for all*

Saturday, Sept. 3, 2011

9 am – noon

Initiation

4 – 5.30 pm

Explanation of technique, Meditation

6 – 8.30 pm

Discourse and Guided Meditation

Sunday, Sept. 4 –

Sunday Sept. 11, 2011

6 am – 8.30 pm

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

Monday, Sept. 6, 2011

13. Foundation Day of the Kriya Yoga Centre
9.00 am Fire Ceremony, 5 pm Celebration



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 Harihar-
ananda. 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 including board and lodge
€ 55 per day
- * Seminar fee including meals € 45 per day