



क्रिया योग *kriyā yoga*

www.kriya.org



Swami Mangalananda Giri



Swami Samarapananda Giri

Born in Germany, **Swami Mangalananda** grew up near Stuttgart. In 1992 she received Kriya initiation from Rajarshi Peterananda, and met her master Paramahansa Hariharananda in 1994. After studying philosophy for some years Swamiji began studying medicine in Germany. She completed her medical degree at the University of Vienna, and received her MD in July, 2000.

Later that year, in September, 2000, she was ordained as a monk in the Giri monastic order and given the name Swami Mangalananda Giri. Swami Mangalananda is the first female monk in the lineage of Paramahansa Hariharananda. She conducts Kriya Yoga programs in our Tattendorf ashram in Austria and throughout Europe.

Prior to being a Swami, **Samarapananda** taught Political Science at a number of colleges in Orissa India as Professor Suresh Chandra Mishra. In 1982, he met Paramahansa Hariharananda and was initiated into Kriya Yoga.

In 2004, he joined the monastic order and was named Swami Samarapanananda Giri. Officially stationed in Hariharananda Gurukulam near Puri in India, Swami Samarapanananda looks after the ashram activities, helps people on their spiritual path and guides Kriya Yoga meditation.

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Registered Office: Flat 22 Overstrand Mansions, Prince of Wales Drive, London, SW11 4EZ



Retreat at St Katharine's May 21st to 24rd 2012

Kriya Yoga UK is delighted to announce a retreat with both Swami Mangalananda and Swami Samarapananda at St Katharine's in Henley-on Thames.. See <http://www.srpf.org.uk> . The historic 14th century St Katharine's is a superb venue for a retreat situated in 12 acre of grounds, in a relaxed rural setting. This beautiful spot, and 40 miles west of London is easy to access by car or train (High Wycombe/ Henley-on –Thames stations).

The retreat cost of £280 which is payable on booking includes full board shared accommodation with vegetarian food. There will be two days of silence where kriyavans will have a wonderful opportunity to meditate, contemplate and deepen their practice.

The retreat can only be attended by those who have already been initiated into Kriya Yoga by one of Paramahansa Hariharananda or Paramahansa Prajñanananda's authorised swamis or acharyas.

Places are strictly limited and both places and rooms will be allocated on a first come first served basis. You are advised to book as soon as possible but by 1st April 2012 latest. However please note that we cannot guarantee a refund should you cancel at any stage.





Retreat Schedule Guide

Monday 21st May

15:00	Arrival time
17:00	Guided Meditation
18:30	Dinner
19:30	Teachings / Q&A
20:30	Retire / Quiet Time

Tuesday 22nd May and Wednesday 23rd May

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 24th May

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 change the programme schedule



RETREAT BOOKING FORM

Name _____

Address _____

Email: _____

Telephone _____

Signature and Date: _____

I would like to attend the retreat and enclose my cheque for £280 made payable to Kriya Yoga UK ☐

I agree to my contact details being circulated to other kriyavans attending the retreat, in order to co-ordinate travel plans (car pooling or taxi share from train station). Please tick a box. Yes ☐ No ☐

Please return this form and your cheque (dated and made payable to Kriya Yoga UK) to Michael Mannion, Flat 22 Overstrand Mansions, Prince of Wales Drive, London SW11 4EZ

For further enquiries please email Michael at:
kriyayogauk@btconnect.com or phone 020 7498 5929