

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

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THE ANCIENT SCIENCE OF KRIYA YOGA



Kriya Yoga Program Mallorca

May 4 - 6, 2012



with

Swami Mangalananda Giri



Schedule

Friday, 4

8.30–10 pm

Free public lecture

**Talk on Kriya Yoga: *Meditation,
a path to more inner Peace,
Love and Joy***

Saturday, 5

10 am - lunch

Initiation

ca. 4 – 7 pm

Technique Class and Guided Meditation

Sunday, 6

11 am - 6 pm

All-Day Program: Discourses, Classes,
Guided Meditations and Lunch break

Extra: Monday, 7

At 10 am and 6 pm Guided Meditations and
final Discourse for those who have time.



Locations

Talk on Friday: Temple Natura, c/ Temple 4
Casco Antiguo, 07001, Palma de Mallorca

Other days: Finca in Estellencs, more details
you'll get at the talk or contact us.

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

Tentative time schedule, can be modified.



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 € 125**

(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.



Teacher

Swami Mangalananda Giri

Born close to Stuttgart, Germany, she
met her Master Paramahansa
Hariharananda in 1994. From this time
onward she accompanied him on his
travels throughout Europe and
translated his talks. Shortly after
completing her Medical Studies, she was
ordained as Swami by Paramahansa
Hariharananda and is authorized to
teach Kriya Yoga. She lives in the Kriya
Yoga Centre close to Vienna.

Info & Registration

Kriya Yoga Group Mallorca

Contact person: Ingrid Urbach
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Email: ingbach@yahoo.de

Overnight Accommodation

By request we will inform you about the
accommodation facilities/ or send you a list.

Donations for the program

We kindly ask those already initiated for
an appropriate donation for each
meditation.

*The weekend meditations are free of
cost for the new initiates.*

The program will be held in English with
simultaneous translation into Spanish.