



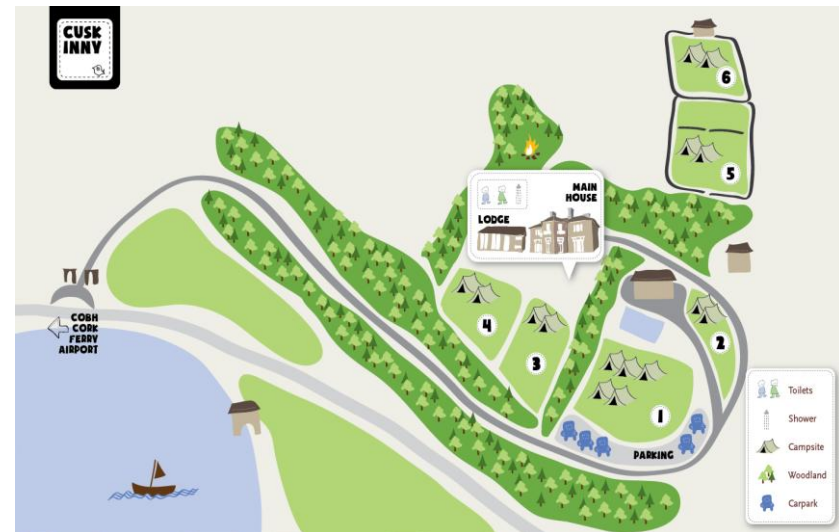
**Retreat at Cuskinny Court Lodge July 31<sup>st</sup> to 3<sup>rd</sup> 2012**



**Swami Mangalananda 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



Kriya Yoga Ireland is delighted to announce a retreat with Swami Mangalananda Giri at Cuskinny Court. Cuskinny Court is a 300 year old, family owned estate. Just 10 minutes drive from Cobh town centre, this surprising natural hideaway is set on beautiful Cuskinny bay and Cuskinny Bird Sanctuary. With a wide variety of water-based activities, hiking routes and stunning woodlands to explore

The retreat cost of €129.00 includes full board from 31<sup>st</sup> July to 3<sup>rd</sup> August. If you book early, you will secure your own room, otherwise sharing with one other only. All meals will be vegetarian.

There will be two days of silence where kriyavans will have a wonderful opportunity to meditate, contemplate and deepen their practice and connection to the Divine.

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. Kriya I & II initiations will be provided on the first day of the silent retreat. The cost for I Kriya initiation is €150.00 The cost for II Kriya initiation is €200.00 (available to those who have been practising I Kriya regularly for 3 years.) Further information will be sent in regard to initiations on request.

### **Retreat Schedule Guide**

#### **Tuesday 31<sup>st</sup> July**

10.00 - 13.00	I Kriya followed by II Kriya Initiations
13:00	Lunch
15.30	Guided Meditation (All)
17.00	II Kriya Meditation
18:30	Dinner
19:30	Q&A & Talk

#### **Wednesday 1st August**

07:00	Guided Meditation for all, followed by II Kriya meditation
09:00	Breakfast
11:00	Guided Meditation (all)
13:00	Lunch
16:30	Guided Meditation (all)
18:30	Dinner
19:30	Q&A & Teachings

#### **Thursday 2<sup>nd</sup> August**

07:00	Guided Meditation for all, followed by II Kriya meditation
09:00	Breakfast
11:00	Guided Meditation (all)
13:00	Lunch
16:30	Guided Meditation (all)
18:30	Dinner
19:30	Q&A & Teachings

#### **Friday 3<sup>rd</sup> August**

07:00	Guided Meditation for all, followed by II Kriya meditation
09:00	Breakfast
11:00	Guided Meditation (all)
13:00	Lunch
14.00	End of retreat

**P.S. We reserve the right to alter the programme schedule**



**RETREAT BOOKING FORM**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Email:** \_\_\_\_\_

**Telephone** \_\_\_\_\_

**Signature and Date:** \_\_\_\_\_

Please tick option and appropriate box below:

I would like to attend full retreat including accommodation & food @ €129

\*\*I would like to attend the retreat, with full board and receive initiation into **Kriya I** @ €279

\*\*I would like to attend the retreat and receive initiation into **Kriya II** @ €329 (full board)

I would like to attend one day of Kriya retreat, with overnight stay and food @ €43.00

There will be camping facilities available also.

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

Please return this form with your sum or cheque dated and made payable to Susan Hinnell, Kriya Yoga Ireland, to Susan Hinnell, Apartment Nr. 6, 38 Popes Quay, Cork City, Co. Cork.

For further enquiries please email Susan at: [kriyaireland@gmail.com](mailto:kriyaireland@gmail.com) or phone 085 8824000

**N.B.** Places are limited and will be allocated on a first-come first served basis

**Directions to Cuskinny Lodge Retreat Centre:**

Directions to Cuskinny Court Lodge from Cork City Centre are on the Cuskinny website: [www.cuskinnycourt.ie](http://www.cuskinnycourt.ie) and google maps, if you are not able to get the directions, please let me know and I will send further details.

Regular trains run from Cork City to Cobh and a lift can be arranged from Cobh train station to Cuskinny Lodge if pre-booked.



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