

(1907-2002)
**PARAMAHAMSA
HARIHARANANDA**

Paramahansa Hariharananda was a beautiful example of purity and love. He came from a long unbroken lineage of Masters. Paramahansa Hariharananda attained Nirvikalpa Samadhi - the state of highest bliss without pulse or breath. A disciple of Swami Shri Yuktेशwarji and Paramahansa Yoganandaji, this realized Yogi spread Kriya Yoga in India and throughout the world.

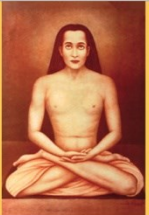


**PARAMAHAMSA
PRAJNANANANDA**

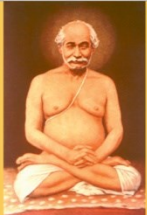
As his successor, he continues the mission of his Master with boundless energy and love. He urges us to realize that in every breath we all are Divine. He shows by example that we can achieve the blissful state of Divine love and contentment if we sincerely practice the Kriya Yoga techniques and apply them in our daily life.

THE LINEAGE OF MASTERS

Babaji



Lahiri
Mahashaya



Swami
Shriyuktेशwar Giri



Sanyal
Mahashaya



Paramahansa
Yogananda



Swami
Satyananda Giri



Paramahansa
Hariharananda



Paramahansa
Prajnanananda



KRIYA YOGA EUROPE

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**PARAMAHAMSA
HARIHARANANDA**

**The Ancient Science
of Kriya Yoga**





Kriya Yoga Silent Retreat Bigorio (Lugano)

24.- 28. April 2025

with Swami Mangalananda Giri and Swami Karunananda Giri

24 April 2025

17:00 Arrival Group Entrance
18:30 Dinner
20:00 Welcome Meditation

25 – 27 April 2025

06:00 Meditation
07:30 Breakfast
09:30 Meditation, beginning of Silence 25. April
12:00 Lunch*
16:30 Meditation
18:30 Dinner
20:00 Meditation**

28 April 2025

06:00 Meditation, end of silence
07:30 Breakfast
10:00 End of Retreat/ Departure

* Walks optional after lunch

** Satsang also possible

Program subject to change

Price per person

4 nights/ accommodation with breakfast, lunch and dinner
Full board 510.- CHF
Tourist taxes (4x 4.65) 18.60 CHF
Seminar fee 160.- CHF
Total costs (688.60) **689.- CHF**

The monastery is remote and surrounded by chestnut forests.
You sleep in a lovingly renovated, original monastery cell.

Please note that **we need your registration by 24 January 2025 at the latest** for the reservation in the monastery.

For registration, information and any questions, please contact
sylvie.belli@bluewin.ch +41 (0)79 277 73 18





Place

MONASTERY SANTA MARIA DEI FRATI CAPPUCCINI
Via Convento 42, 6954 Bigorio, Switzerland, 728 m.a.s.l.
www.bigorio.ch

Arrival

By car: Highway N2 Gotthard -San Bernardino:
RIVERA exit (after the Monte Ceneri tunnel) - Cantonal Road to
TAVERNE - turn off for PONTE CAPRIASCA - ORIGLIO - TESSERETE -
BIGORIO - CONVENTO SANTA MARIA

By train: to Lugano station, then taxi* (approx. 30 min.)
www.sbb.ch *for taxi sharing we are happy to help you

Note

We recommend warm clothing and a good meditation mat,
walking shoes and sticks.

We look forward to seeing you

Regula Hager, Mette Koivusalo and Sylvie Belli
Kriya Yoga Groups Schaffhausen + Ticino

