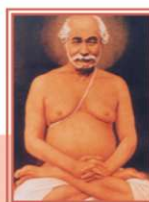


Mahavatar Babaji Maharaj



Shri Lahiri Mahashaya



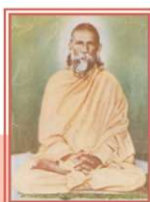
Swami Shriyukteshwar Giri



Sanyal Mahasaya



Paramahansa Yogananda



Swami Satyananda Giri



Paramahansa Hariharananda



Paramahansa Prajnanananda



## Initiation Seminar

with Yogacharyas Susanne & Peter Walker

May 02 - 04, 2025, in Bratislava

### What is Kriya Yoga?

Kriya Yoga is an ancient method of meditation rooted in mindful living. Through breath control, concentration, and posture, Kriya Yoga cultivates awareness of the body, mind, intellect, and soul. This practice fosters deep harmony and leads to inner peace and joy, which are the foundations of a balanced and successful life.

Kriya Yoga teaches that every action, KRI, is performed by YA, the indwelling soul. It is a universal spiritual discipline that transcends all religious and cultural boundaries. By practicing Kriya Yoga, one can gradually overcome ego, emotions, and attachments, realizing that life is inherently pure, divine, and serene.

"Breath mastery is self-mastery, and self-mastery is life mastery."

Paramahansa Hariharananda

### How to practice Kriya Yoga?

You can practice Kriya Yoga either sitting on the floor or on a chair, depending on what feels more comfortable for you. This unique path consists of simple physical postures that, after individual initiation, can easily be practiced in the comfort of your home. In Europe, there are two dedicated Kriya Yoga centers and numerous group gatherings where you can experience guided meditations and share your practice with others. You can also participate in weekend programs and inspiring seminars to deepen your knowledge and practice.

### The Initiation

People who wish to learn Kriya Yoga must receive initiation from a teacher authorized by Paramahansa Hariharananda or Paramahansa Prajnanananda. During initiation the body, mind, chakras and the sense organs are purified.

The following offerings are needed for initiation:



Five fruits

representing the fruits of all our actions  
(the causal body)



Five flowers

representing the five senses  
(the astral body)



Donation 150 €

representing the gross body  
(the physical body)

After the initiation ceremony, the Kriya Yoga techniques will be taught followed by guided meditations. It is recommended to attend at least three meditation classes in order to properly learn the techniques.

### Location: Space Yoga

Kresankova 7A, Dlhé Diely, Bratislava



Tománkova



Lunches and refreshments will be provided throughout the seminar.

### Registrations at:

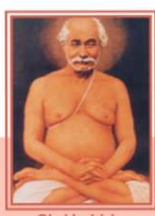
kriyayoga.bratislava@gmail.com

+421951855044

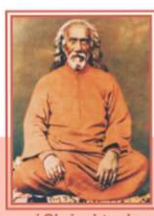
Limited amount of places available.



Mahavatar Babaji  
Maharaj



Shri Lahiri  
Mahashaya



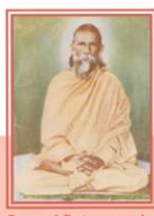
Swami Shriyukteshwar  
Giri



Sanyal Mahasaya



Paramahansa  
Yogananda



Swami Satyananda  
Giri



Paramahansa  
Hariharananda



Paramahansa  
Prajnanananda



# Initiation Seminar

with Yogacharyas Susanne & Peter Walker  
May 02 – 04, 2025, in Bratislava

## Program

### Friday

18:00 - 20:00 Introductory lecture

### Saturday

09:00- 12:00 Initiation into Kriya Yoga

12:00 - 13:00 Lunch

15:00 - 16:00 Explanation of KY techniques

16:15 - 17:30 Meditation

### Sunday

09:00 - 10:00 Meditation

10:00 - 11:00 Techniques & Q&A

11:15 - 12:15 Meditation

12:15 - 13:30 Lunch & Discussion

13:30 - 14:30 Meditation by Paramahansa Prajnanananda (audio)

## More info

- please bring loose and comfortable clothes (shorts or naked shoulders are not appropriate for initiation)
- you can bring your own yoga mat or cushion if you have
- please keep your mobile mute during the program
- only people who are initiated in our lineage Paramahansa Hariharananda or Paramahansa Prajnanananda can participate in the meditation and technique classes

