



PARAMAHAMSA HARIHARANANDA
(1907-2002)

Paramahansa Hariharananda is a beautiful example of purity and love. He comes from a long unbroken lineage of Masters, reaching the summit of Nirvikalpa Samadhi – the state of highest bliss without pulse or breath. A disciple of Swami Shriyukteshwarji and Paramahansa Yoganandaji, a highly realized Yogi, he spread Kriya Yoga in India and throughout the world.



PARAMAHAMSA PRAJNANANANDA

As a successor of Paramahansa Hariharananda 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. Through his personal example he shows that we can achieve the blissful state of Divine love and contentment if we sincerely practice Kriya Yoga techniques and apply them in our daily life.

KRIYA YOGA EUROPE

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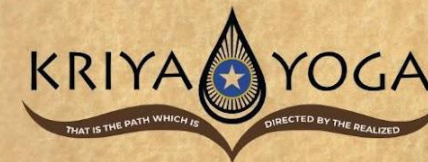
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THE ANCIENT SCIENCE OF KRIYA YOGA



**PARAMAHAMSA
PRAJNANANANDA**



BABAJI
MAHARAJ



LAHIRI
MAHASHAYA



SWAMI
SHRIYUKTESHWAR
GIRI



SANYAL
MAHASHAYA



PARAMAHAMSA
YOGANANDA



SWAMI
SATYANANDA GIRI



PARAMAHAMSA
HARIHARANANDA



PARAMAHAMSA
PRAJNANANANDA



WHAT IS KRIYA YOGA ?

Kriya Yoga is an ancient method of meditation associated with conscious living. Through breath control, concentration and posture, it cultivates body, mind, intellect and soul consciousness.

Kriya Yoga gives us the experience of inner light, vibration and sound, both in meditation and during daily activities.

Practising Kriya Yoga brings greater calmness and inner joy, leading to a more balanced and successful life.

Kriya Yoga teaches that any action, *Kri*, is done by *Ya*, the indwelling soul. It is a universal spiritual discipline that goes beyond all religious and cultural divisions.

Through the practice of Kriya Yoga one can gradually conquer ego, emotions and attachments with the realization that life is, in its essence, pure, divine and peaceful.



HOW TO PRACTICE KRIYA YOGA ?

The techniques of Kriya Yoga can be practised sitting on the floor or on a chair.

The Kriya practice consists of simple body postures and, after your individual initiation, you can practise them at home.

There are Kriya Yoga Centres and many Kriya Yoga Groups all over Europe, where one can attend guided group meditations, weekend programmes and seminars.



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

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



FIVE FLOWERS

represent the five senses
(the astral body)



MONETARY CONTRIBUTION

represents the gross body
(the physical body)

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



Kriya Yoga Retreat August 17-21, 2024 with Swami Mangalananda Giri and Yogacharya Nada Steinmann

Saturday, 17th of August

From 13.00 Arrival at the Mežmāja
15.00–16.30 Kriya meditation
17.30–19.00 Introductory lecture to Kriya Yoga
19.30 Dinner and bedtime

Sunday, 18th of August

06.30–07.45 Kriya meditation
08.00 Breakfast
09.30–12.30 1st Kriya Initiation
13.00 Lunch and free time
15.30–17.00 Explanation of techniques
of Kriya Yoga
17.30–19.00 Kriya meditation
19.30 Dinner and bedtime

Monday, 19th of August

06.30–07.45 Kriya meditation
08.00 Breakfast
09.00–11.30 2nd Kriya initiation and
2nd Kriya meditation
11.45–13.00 1st Kriya meditation
13.00 Lunch and free time
14.00–15.30 Meditative walk
16.00–17.15 Questions & Answers
17.30–19.00 Kriya meditation
19.30 Dinner and bedtime

Tuesday, 20th of August

06.30–07.45 Kriya meditation
08.00 Breakfast
09.30–10.15 Questions & Answers
10.30–13.00 1st and 2nd Kriya meditation
13.00 Lunch and free time
14.00–15.30 Meditative walk
16.00–17.15 Questions & Answers
17.30–19.00 Kriya meditation
19.30 Dinner and bedtime

Wednesday, 21st of August

06.30–07.45 Kriya meditation
08.00 Breakfast, leaving the rooms
10.00–11.00 Class
11.30–13.00 Kriya meditation
Until 14.00 Ending of the program with gratitude

*** Only those initiated into the Kriya Yoga lineage of
Paramahansa Hariharananda and Paramahansa Prajnanananda
are allowed to participate at the Meditation and Techniques
classes. ***

Venue:

Learning center "Mežmāja",
Laucienes pagasts, Talsu novads, Latvia
mezamaja.weebly.com

The following offerings are needed for initiation:

Five fruits – represent the fruits of all our actions
(the causal body)

Five flowers – represent the five senses (the astral
body)

Monetary Contribution of 100 EUR – represents
the gross body (the physical body)

Costs (not for new initiates)

The Seminars in Latvia are funded by donations/
contributions and are organised by volunteers.

Payment for participation **30 €/per day**

Accommodation **20 €/per day**

catering costs **13,50 €/per day**

Information

- During the seminar, we will provide vegan food.
- Please bring a blanket/yoga mat, a cushion and socks with you. We also recommend loose and comfortable clothing.
- Kindly arrive 30 minutes before initiations start and 15 minutes before each meditation class.
- Remember also to switch off your mobile during the program

Information and Registration:

"Krija jogas biedrība Latvijā"

www.krija.lv

Phone: +371 26 563 233 (Inna Velicko)