

Kriya Yoga in Odorheiu Secuiesc, (Székelyudvarhely) Transylvania, Romania 2025.

We cordially invite you to attend our next Kriya Yoga Initiation Seminar conducted by Swami Divyaswarupananda Giri in Odorheiu Secuiesc, Romania.

(The seminar will be in English language with Hungarian translation)

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.
- Practicing 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, in its essence, is pure, divine and peaceful.

<https://www.kriya.org/page/the-science-of-kriya-yoga/en>

Benefits:

Kriya Yoga:

teaches a scientific meditation technique, which leads to calmness and serenity and ultimately to self-realization

provides direct and immediate spiritual experience,

helps to purify and cultivate the mind and to eradicate bondage to desire and ego,

gives strength and vigor to the body,

is non-sectarian and teaches that all activity can be worship,

is only taught through direct contact with an authorized and empowered teacher,

came to us through an unbroken lineage of self-realized masters.

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 of 70 € :

- 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.

For more information see: <https://www.kriya.org/page/initiation/en>

An introductory lecture in English on Kriya Yoga can be found at: www.kriya.org

Program:

Friday 09.05.2025

5 PM Introductory Lecture - free admission

Saturday 10.05.2025

08:30 AM to 09:00 AM - Registration

09:00 AM to 12:00 PM - Initiation Ceremony

12:15 pm to 3:30 PM - Lunch, Rest

3:30 pm to 5:30 PM - Teachings of Kriya Yoga Techniques

5:45 PM - 6:45 PM - Guided Meditation

Sunday 11.05.2025

09:00 AM to 10:45 PM - Review of Kriya Yoga Techniques

11:00 AM to 12:00 PM - Guided Meditation

12:15 PM to 02:30 PM - Lunch, Rest

02:30 PM to 04:00 PM - Q&A followed by Guided Meditation

Venue of the program:

Introductory Lecture : Strada Kornis Ferenc nr.10, Liceul Eötvös József gym

46.305843108583446 25.296459195504035

Seminar: Piata Márton Áron 2, Liceul Pedagogic Benedek Elek gym

46°18'08.3"N 25°17'42.3"E

Seminar Donation for those who are already initiated:

100 ron /day , 50 ron / half day

For registration please contact the local organizer: Zsolt Gedö

kriyaadv@gmail.com; +40 745426091

Only those who pre-registered can participate in the program.

Only limited places are available. Register soon!

We look forward to seeing you soon.

Application term 30 april.

For the program responsible:

Kriya Yoga Zentrum Wien

Pottendorferstraße 69, 2523 Tattendorf, Austria

+43 2253 81491

kyc@kriya.euwww.kriya.orgwww.kriya.eu