

WHAT IS KRIYA YOGA

Kriya Yoga is an ancient method of living and meditation that cultivates body, mind, intellect, and awareness of the soul using powerful meditative and yogic disciplines. It helps us to experience the three divine qualities of light, vibration, and sound by using techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness and to change our lives. Kriya Yoga teaches that any action, *kri*, is done by *ya*, the indwelling soul. It is a universal spiritual discipline that crosses all divisions and boundaries.



PARAMAHAMSA HARIHARANANDA
(1907-2002) - (photo on the right)

filled with purity and love, came from a long, unbroken line of masters, ultimately attaining nirvikalpa samadhi, the highest goal of a realized yogi. A disciple of Swami Shriyuktishwarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

PARAMAHAMSA PRAJÑANANANDA
(photo on the left)

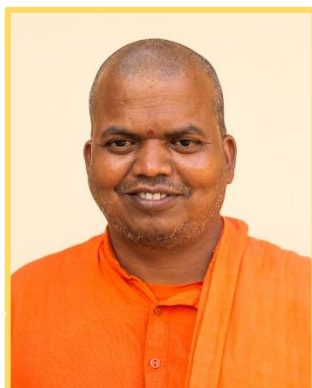
his successor, continues his mission teaching one lesson: the lesson of love. Through every action and breath, he urges us to realize that we all are divine and to achieve that blissful state of divine love and contentment through basic self-discipline and the practice of Kriya Yoga.

LINEAGE OF MASTERS



THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA

Oslo, Norway May 09-11, 2025



with
Swami Paripurnananda Giri

This Kriya Yoga programme is also suitable for already practicing Kriya Yogis to deepen their practice and clarify questions or doubts.

Friday, May 09

6:30 – 8:00 pm Free Public Lecture – Followed by Q & A
The Ancient Science of Kriya Yoga
Location Here

Saturday, May 10

8:30 am – 9:00 am Registration
9:00 am – 12:00 pm Initiation Ceremony
2:30 pm – 4:30 pm Teachings of Kriya Yoga Techniques
4:45 pm – 5:45 pm Guided Meditation

Sunday, May 11

9:00 am – 10:45 am Review of Kriya Yoga Techniques
11:00 am – 12:00 pm Guided Meditation
2:30 pm – 4:00 pm Q & A followed by Guided Meditation

Location

Zen House, Sporveisgata 29, 0354 Oslo

Registration

Please register via email to (KriyaNorway@gmail.com).

Offerings for initiation 5 flowers, 5 fruits, € 150

Seminarfee: €25/day

This weekend program (Sa & Su) is not open to the public. Participants must be taking initiation or already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.