

Kriya Yoga UK Initiation Programme
Swami Achalananda Giri
15 to 17 May 2020
London

Kriya Yoga UK is pleased to announce the visit of Swami Achalananda Giri to London to teach Kriya Yoga from 15 to 17 May 2020. If you are interested in learning Kriya Yoga, please attend the introductory lecture on Friday evening and you will have an opportunity to receive initiation and to learn and practise the techniques of Kriya Yoga on Saturday and Sunday.

Kriya Yoga is the ancient and mystical path to self realisation. 'Kri' is the work or activity carried out by 'ya' the indwelling soul. Yoga is the union of individual self and Supreme Self. Kriya Yoga is a non-sectarian, scientific and practical meditation technique practised by sages and saints since time immemorial. Kriya Yoga leads to the transformation of the physical consciousness into Divine consciousness and is the essence of all yoga's taught in the world.

In order to practise Kriya Yoga, one needs to receive initiation which can only be given with the grace and love of the Master through an authorised teacher, during which the body is purified and energised. The initiate may perceive Divine Light, Divine Vibration and Divine Sound in the whole body.

There is no book or lesson to learn the Kriya Yoga techniques. Kriya Yoga emanates from behind the five sense organs.

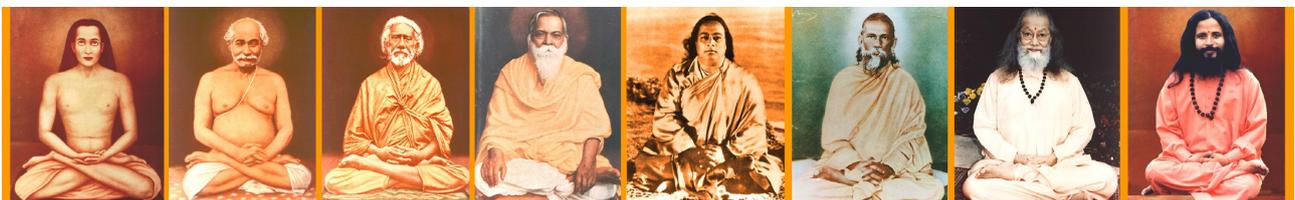


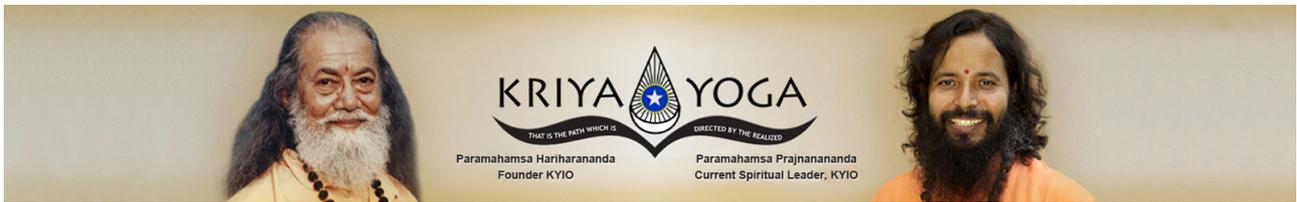
Swami Achalananda was initiated into Kriya Yoga in 2000 by Paramahansa Prajnanananda, a God-realised Kriya Master and a direct disciple of Paramahansa Hariharananda, who in turn received Kriya initiation from the great Kriya Yoga Master Paramahansa Yogananda.

Many spiritual seekers will have heard of Paramahansa Yogananda through his book "Autobiography of a Yogi". These teachings have been handed down through an unbroken lineage of realised Masters since being reintroduced to the world in 1861 by Mahavatar Babaji.

Swami Achalananda lives at the Jagatpur Ashram in India and travels all over the world to teach the holy science of Kriya Yoga.

This event will be of interest to those who wish to learn Kriya Yoga for the first time and who will benefit from the purity and authentic teachings of the lineage. Kriya Yoga can be practised by those who have never meditated or practised yoga before.





Friday 15 May 2020

7.00 - 9.00 pm: Introductory Lecture on Kriya Yoga: The ancient and mystical path of meditation.

Saturday 16 May 2020

9.00 - 1.00 pm: Kriya Initiation

1.00 - 3.00 pm: Lunch break

3.00 - 5.00 pm: Detailed explanation of techniques and guided meditation

Sunday 17 May 2020

8.30 - 9.45 am: 2nd Kriya Meditation (only for those initiated in 2nd Kriya)

10.00 - 12.45 pm: Kriya Teachings, revision of techniques & guided meditation.

12.45 - 1.30 pm: Lunch break

1.30 - 4.00 pm: Questions & Answers, teachings & guided meditation

Please note

- Please arrive at 8.30 am Saturday for registration purposes.
- Do bring a cushion, yoga mat to sit on the floor. Chairs will be provided for those unable to sit on floor.
- Books and photos will be on sale at the programme.
- Vegetarian lunch will be provided.
- The time taken for initiation may vary depending on the number of attendees and the programme times may vary accordingly.
- We reserve the right to alter the schedule.

Important Information

- No special preparation is needed apart from a sincere desire to learn and practise Kriya Yoga.
- To receive maximum benefit, you should attend the introductory lecture and the full weekend.

Initiation

An offering will be required from each person being initiated. Please bring:

1. Any 5 fruits symbolising the fruit of your actions. The type and number of each fruit you bring is your choice.
2. Any 5 flowers which represent the five senses. The type and number of each flower you bring is your choice.
3. A payment of £150 representing the gross body.

Costs

For new initiates: A total cost of £150 for saturday and sunday. Friday Lecture £5 Saturday £35 for those previously initiated. Sunday £35 for those previously initiated.

Venue

London School of Economics, Bankside House, 24 Sumner Street, London, SE1 9JA.

Nearest underground stations: London Bridge, Southwark, Blackfriars & Waterloo.

If you have any questions regarding this programme, please contact Hagen at info@kriyayogauk.com or on 07505027382

Kriya Yoga UK is a registered UK charity in England & Wales (Number 1119701). Kriya Yoga UK is a company limited by guarantee, registered in England (Number 6243130). It is connected to Kriya Yoga Institute USA, which runs programmes throughout the world in order to spread the divine message of Kriya Yoga to all sincere seekers of all faiths and beliefs who are thirsting for spiritual knowledge.

