

(1907-2002)  
**PARAMAHAMSA  
HARIHARANANDA**

Paramahansa Hariharananda was a beautiful example of purity and love. He came from a long unbroken lineage of Masters. Paramahansa Hariharananda attained Nirvikalpa Samadhi - the state of highest bliss without pulse or breath. A disciple of Swami Shri Yukteshwarji and Paramahansa Yoganandaji, this realized Yogi spread Kriya Yoga in India and throughout the world.



**PARAMAHAMSA  
PRAJNANANDA**

As his successor, 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. He shows by example that we can achieve the blissful state of Divine love and contentment if we sincerely practice the Kriya Yoga techniques and apply them in our daily life.

## THE LINEAGE OF MASTERS

Babaji



Lahiri  
Mahasaya



Swami  
Shriyukteshwar Giri



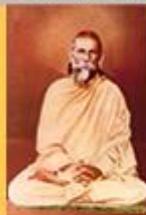
Sanyal  
Mahasaya



Paramahansa  
Yogananda



Swami  
Satyananda Giri



Paramahansa  
Hariharananda



Paramahansa  
Prajnanananda



## KRIYA YOGA EUROPE

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**PARAMAHAMSA  
HARIHARANANDA**

**The Ancient Science  
of Kriya Yoga**





## 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.



## 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 of € 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.

### How to practise 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 two Kriya Yoga Centres and many Kriya Yoga Groups all over Europe, where one can attend guided group meditations or weekend programmes and seminars.

## The Teachers

**Rajarshi Peter van Breukelen** is the head of the Kriya Yoga Centrum in Sterksel, the Netherlands. He received authorization to teach Kriya Yoga in 1982.



**Swami Mangalananda Giri** has been ordained a monk by Paramahansa Hariharananda and Paramahansa Prajnanananda after she completed her medicine studies.



**Yogacharya Christine Jacobsen** is one of the co-founders of the Kriya Yoga Centre Vienna, Austria. She has been teaching Kriya Yoga since 1996.



**Yogacharya Claudia Cremers** lives at the Kriya Yoga Centrum in Sterksel, the Netherlands. She teaches at many seminars worldwide.



**Yogacharya Petra Helwig** lives in the Netherlands, is married and has two children. She used to be a dance teacher and has been giving initiation into Kriya Yoga since 2007.



**Yogacharya Uschi Schmidtke** met Paramahansa Hariharananda in 1995, an encounter which represented a turning point in her life. She now lives at the Kriya Yoga Centre Vienna.





**Seminar in Vienna**  
**13th- 14th June 2020**  
**with Swami Mangalananda Giri**  
**and Yogacharya Uschi Schmidtke**

**Saturday, 13<sup>th</sup> June 2020**

08:45 Preparation for Initiation  
09:00 Initiation into the authentic Kriya Yoga  
followed by Meditation  
13:00 Lunch Break  
15:00 Explanation of Techniques, Meditation  
(end ca. 18.00)

**Sunday, 14<sup>th</sup> June 2020**

10:00 Meditation, Questions & Answers  
13:00 Lunch Break  
14:30 Meditation  
(end ca. 16:30)

\*\*\* 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** International Dzogchen Community,  
Samdrubling  
Wichtelgasse 12/2 (Eingang Friedrich Kaisergasse 74)  
**1160 Vienna**

**Costs**

Sat and Sun € 30 per day  
€ 15 for half day

**Information**

Please bring a blanket/yoga mat, a cushion and socks with you. We also recommend loose and comfortable clothing.

Kindly arrive 15 minutes before initiations start and in time before each meditation class.

Remember also to switch off your mobile during the program.

**Information and Registration**

[www.kriya.org/registration](http://www.kriya.org/registration)

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