

Kriya Yoga UK Initiation Programme Swami Mangalananda Giri 9 to 11 April 2021 London

Kriya Yoga UK is pleased to announce the visit of Swami Mangalananda Giri to London to teach Kriya Yoga from 9 - 11 April 2021. If you are interested in learning, there will be an introductory lecture on Friday evening and 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 beyond the five sense organs.

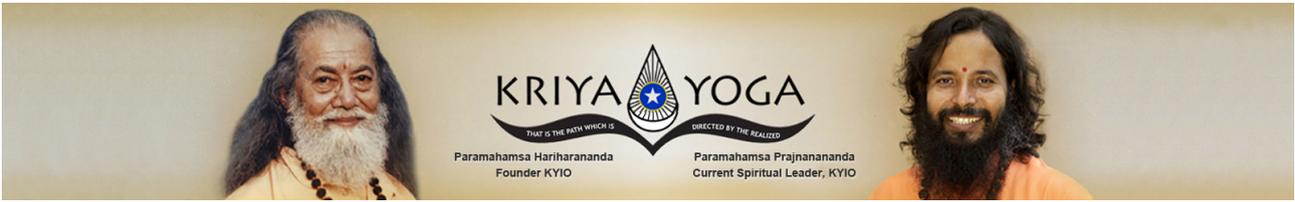
Born in Germany, Swami Mangalananda grew up near Stuttgart. In 1992, she received Kriya initiation from Rajarshi Peter Van Breukelen, and then met her master Paramahansa Hariharananda in 1994. From this time onward, she stayed with Paramahansa Hariharananda in various ashrams, and also

traveled with him throughout Europe. After studying philosophy for some years Swamiji began studying medicine in Germany at Tubingen University. However, she chose to continue her medical degree at the University of Vienna, enabling her to complete her studies while simultaneously serving and living with her master. She received her MD in July, 2000. Shortly after the completion of her studies, in September, 2000, she was ordained as a monk in the Giri monastic order and given the name Swami Mangalananda, which means bliss of auspiciousness. Swami Mangalananda is the first female monk in the lineage of Paramahansa Hariharananda. She conducts Kriya Yoga programs in the Tattendorf ashram in Austria and throughout Europe.



If you are interested in learning Kriya Yoga, it is recommended that you attend the introductory lecture on Friday evening and the full weekend. For those who are already practising, this is an excellent opportunity to review your technique and to deepen your practice.





Friday 9 April 2021

7.00 - 8.30 pm: Introductory Lecture on Kriya Yoga: The ancient and mystical path of meditation

Saturday 10 April 2021

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 11 April 2021

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

10.00 - 12.00 pm: Kriya Teachings, revision of techniques & guided meditation.

12.00 - 2.00 pm: Lunch break

2.00 - 4.30 pm: Questions & Answers, teachings & guided meditation

Please note

- Please arrive at 8.45 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..
 - The time taken for initiation may vary depending on the number of attendees and the programme times may vary accordingly.
 - Books and photos will be on sale at the programme.
 - We reserve the right to alter the programme schedule.
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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 on Saturday morning:

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 £155.

For Others

Saturday £45 for those previously initiated.

Sunday £45 for those previously initiated.

2nd Kriya £15

If attending 2nd Kriya and sunday £50

Venue

London School of Economics, Bankside House,
24 Sumner Street, London, SE1 9JA
Nearest underground stations
Blackfriars, London Bridge, Southwark,
Blackfriars & Waterloo.

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

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.

