



**PARAMAHAMSA HARIHARANANDA**

(1907-2002)

Paramahansa Hariharananda is a beautiful example of purity and love. He comes from a long unbroken lineage of Masters, reaching the summit of Nirvikalpa Samadhi – the state of highest bliss without pulse or breath. A disciple of Swami Shriyukteshwarji and Paramahansa Yoganandaji, a highly realized Yogi, he spread Kriya Yoga in India and throughout the world.



**PARAMAHAMSA PRAJNANANANDA**

As a successor of Paramahansa Hariharananda 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. Through his personal example he shows that we can achieve the blissful state of Divine love and contentment if we sincerely practice Kriya Yoga techniques and apply them in our daily life.

## KRIYA YOGA EUROPE

**KRIYA YOGA CENTRE VIENNA**

**The Mother Centre of Europe**

Pottendorferstr. 69, 2523 Tattendorf, Austria  
tel. +43 2253 81491 · kyc@kriya.eu · www.kriya.eu



**KRIYA YOGA CENTRUM STERKSEL**

Heezerweg 7, 6029 PP Sterksel, The Netherlands  
tel. +31 40-2265576 · info@kriyayogameditatie.nl  
www.kriyayogameditatie.nl



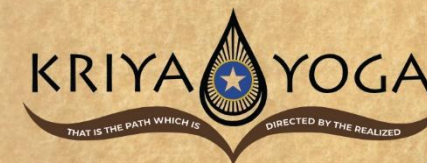
**KRIYA YOGA CENTER IN POLAND**

Gorki 69, 34-114 Tłuczań, Poland  
kontakt@kriya.pl · www.kriya.pl



**KRIYA YOGA INSTITUTE**

www.kriya.org

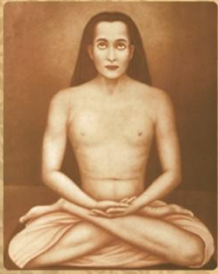


## THE ANCIENT SCIENCE OF KRIYA YOGA

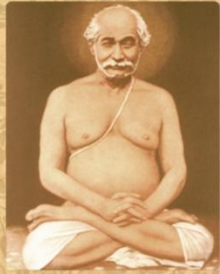


**PARAMAHAMSA  
PRAJNANANANDA**





BABAJI  
MAHARAJ



LAHIRI  
MAHASHAYA



SWAMI  
SHRIYUKTESHWAR  
GIRI



SANYAL  
MAHASHAYA



PARAMAHAMSA  
YOGANANDA



SWAMI  
SATYANANDA GIRI



PARAMAHAMSA  
HARIHARANANDA



PARAMAHAMSA  
PRAJNANANANDA



## 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.



## HOW TO PRACTICE 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 Kriya Yoga Centres and many Kriya Yoga Groups all over Europe, where one can attend guided group meditations, weekend programmes and seminars.



## 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

represent the fruits of all our actions  
(the causal body)



### FIVE FLOWERS

represent the five senses  
(the astral body)



### MONETARY CONTRIBUTION

represents the gross body  
(the physical body)

After the initiation ceremony, the Kriya Yoga techniques will be taught followed by guided meditation. It is recommended to attend at least three meditation classes in order to properly learn the techniques.





## Seminar in Cluj March 27 – March 29 2026 with Swami Karunananda

### Friday, 27 March 2026

19:00 Introductory Lecture open to all

### Saturday, 28 March 2026

08:30 Preparation for Initiation

09:00 Initiation ceremony

13:00 Lunch together (*optional*)

15:30 Teachings of Kriya Yoga Techniques

17:00 Guided Meditation

### Sunday, 29 March 2026

09:00 Review of Kriya Yoga Techniques

11:00 Guided Meditation

12:30 Lunch together (*optional*)

15:00 Questions & Answers followed by  
Guided Meditation

\*\*\* 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:** Wisdome Culture Lab  
Address: Str. Emil Isac no. 25,  
Cluj-Napoca  
Romania

The following offerings are needed for initiation:

- Five fruits - represent the fruits of all our actions (the causal body)
- Five flowers - represent the five senses (the astral body)
- Monetary Contribution of 100 EUR - represents the gross body (the physical body)

**Costs** (for already initiated persons, not for new initiates)

The Seminars in (city) are funded by donations/  
contributions and are organized by volunteers.

Sat and Sun 125 RON per day

### Information

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

Kindly arrive 30 minutes before initiations start and 15  
minutes before each meditation class.

Remember also to switch off your mobile during the  
program.

### Information and Registration

Name: Monica Birlea  
Mobile: +40 721 215 181  
Email: monicabirlea@yahoo.com