



“Meditate and be Realized”

Kriya Yoga is a meditation technique to help spiritual seekers attain Self-realization, which means to be in constant communion with God. Through this technique, the seeker or student can perceive the presence of God within, as well as in all of creation. To attain this state requires regular and sincere Kriya meditation and living a life of love and service.



Swami Mangalananda Giri

**Introductory talk and initiations by
Swami Mangalananda Giri.**

**Venue: St. Dominic’s Retreat Centre –Ennismore
Lodge, Montenotte, Cork**

Date: 17th – 19th September 2010

For further information email: kriyaireland@gmail.com