

INITIATION RETREAT WEEKEND

THE ANCIENT, SCIENTIFIC TEACHINGS OF KRIYA YOGA Glava, Sweden April 28-30, 2023



WHAT IS KRIYA YOGA

Kriya Yoga is an ancient method of living and meditation that cultivates body, mind, intellect, and awareness of the soul using powerful meditative and yogic disciplines. It helps us to experience the three divine qualities of light, vibration, and sound by using techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness and to change our lives. Kriya Yoga teaches that any action, *kri*, is done by *ya*, the indwelling soul. It is a universal spiritual discipline that crosses all divisions and boundaries.



with **Yogacharya Histas Damania**



This Kriya Yoga program is also suitable for already practicing Kriya Yogis to deepen their practice and clarify questions or doubts.

Friday, April 28 (arrival day)

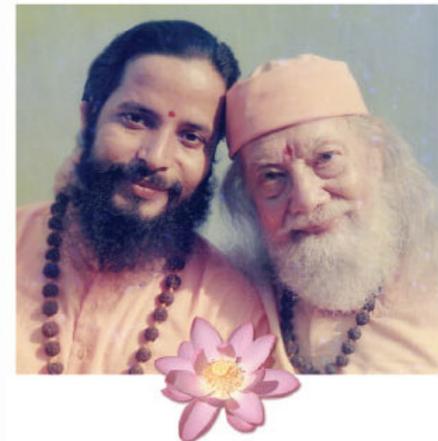
4:30 pm – 7:00 pm	Arrival & Dinner
7:15 pm – 8:45 pm	Free/ Open Public Lecture on The Ancient Science of Kriya Yoga – followed by Q&A Location: Lakeside Retreat Center, Glava

Saturday, April 29

7:30 am – 9:00 am	Breakfast & Registration
9:30 am – 12:30 pm	Initiation Ceremony
3:00 pm – 4:30 pm	Teachings of Kriya Yoga Techniques
5:00 pm – 6:00 pm	Guided Meditation

Sunday, April 30

7:30 am – 8:30 am	Guided Meditation
9:00 am – 10:00 am	Breakfast
11:00 am – 12:00 pm	Review of Kriya Yoga Techniques
2:30 pm – 4:00 pm	Q&A followed by Guided Meditation



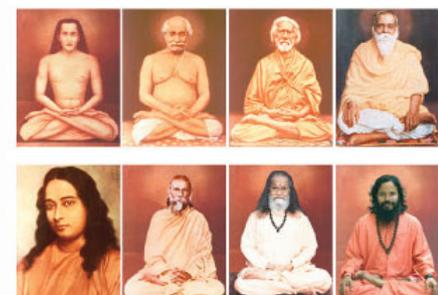
PARAMAHAMSA HARIHARANANDA (1907-2002) - (photo on the right)

filled with purity and love, came from a long, unbroken line of masters, ultimately attaining nirvikalpa samadhi, the highest goal of a realized yogi. A disciple of Swami Shriyuktेश्वarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

PARAMAHAMSA PRAJÑANANANDA (photo on the left)

his successor, continues his mission teaching one lesson: the lesson of love. Through every action and breath, he urges us to realize that we all are divine and to achieve that blissful state of divine love and contentment through basic self-discipline and the practice of Kriya Yoga.

LINEAGE OF MASTERS



Location

Lakeside Retreat Center, Sweden (details upon registration)

www.lakesideretreat.org / +46-(0)73-0913685

Registration & information

Please register via email: info@lakesideretreat.org

Offerings for initiation 5 flowers, 5 fruits, € 150

The weekend program (Sa&Su) is not open to the public. Participants must be taking initiation or already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajñanananda.

www.kriya.org / www.kriya.eu / www.lakesideretreat.org