

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.



PARAMAHAMSA HARIHARANANDA

1907 - 2002 (photo on the right)

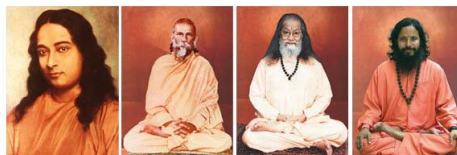
filled with purity and love, came from a long, unbroken line of masters, ultimately attaining nirvikalpa samadhi (the state without pulse or breath), the highest goal of a realized yogi. A disciple of Swami Shriyuktेशwarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

PARAMAHAMSA PRAJNANANANDA

1960 - (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



Kriya Yoga Europa

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THE ANCIENT SCIENCE OF KRIYA YOGA



Kriya Yoga Hiking Retreat in Elm, canton Glarus 11th – 17th Aug 2018



with
**Swami Mangalananda Giri
and
Yogacharya Uschi Schmidtke**

Schedule

11th August 2018

15:00-17:00 Arrival

18:00 Meditation, afterwards Dinner

12th August 2018

6:30 Meditation, afterwards Breakfast

11:00 Initiations/Meditation

afterwards Lunch + short walking tour
in the neighborhood

17:00 Meditation

afterwards Dinner and Satsang

13th August 2018

6:30 Meditation afterwards

Breakfast + picnic preparation

Hiking with Meditation

17:00 Meditation, afterwards dinner

14th -16th August 2018

Programme as on 13th August

17th August 2018

6:30 Meditation, afterwards

Breakfast + picnic preparation

Seva und departure

* The programme will be held approx. as described above but we point out that the sequence of actions can vary.

Meditations and technique classes may be attended only by initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda. On demand, it is possible to be initiated during the retreat.

Place of event



Ferienhaus Alpina
Im Ämpächli
8767 Elm

All informations on www.ferienhaus-alpina.ch
Car parking area free of charge at the valley station
From the mountain station of the cable car Elm-Ämpächli
(incl. in the price) you reach the house in 2 min. on foot.

Initiation

People who wish to learn Kriya Yoga must first receive initiation from an authorized teacher of Paramahansa Hariharananda or Paramahansa Prajnanananda.

During the initiation ceremony the body, spine, and senses are purified. Then there is infusion of the triple divine qualities of light, sound and vibration.

Please bring the following offerings to the initiation:

- Five flowers**
(representing the five senses)
- Five fruits**
(representing the fruits of our actions)
- Donation of CHF 200.-**
(representing the physical body)

After the initiation ceremony, the first level of the Kriya Yoga techniques will be taught. New initiates must attend at least three meditation classes during this programme which will help them to learn and integrate the techniques.



Swami Mangalananda Giri

Born in Germany, Swami Mangalananda grew up near Stuttgart. In 1992, she received Kriya initiation from Rajarshi Peterananda, 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 Tübingen 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.

Yogacharya Uschi Schmidtke

Yogacharya Ursula Schmidtke lives in Germany and has been practicing Kriya Yoga since 1993. She met Gurudev Paramahansa Hariharananda in 1995, which was a turning point in her life. Then in 1996 to 1997 she had the fortunate opportunity to stay and serve and meditate with Gurudev in the USA. She was authorized to teach Kriya Yoga in May 2007. Her training and profession is in the medical field and she has worked as a medical technician.

Info & Registration

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Christine Glauser

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Price of the programme:

CHF 450.-

Including accommodation, meditations and meals
Cable cars for hikings extra (max. CHF 50.-)