



(1907-2002)  
**PARAMAHAMSA  
HARIHARANANDA**

Paramahansa Hariharananda was a beautiful example of purity and love. He came from a long unbroken lineage of Masters. Paramahansa Hariharananda attained Nirvikalpa Samadhi - the state of highest bliss without pulse or breath. A disciple of Swami Shri Yukteshwarji and Paramahansa Yoganandaji, this realized Yogi spread Kriya Yoga in India and throughout the world.



**PARAMAHAMSA  
PRAJNANANDA**

As his successor, 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. He shows by example that we can achieve the blissful state of Divine love and contentment if we sincerely practice the Kriya Yoga techniques and apply them in our daily life.

#### THE LINEAGE OF MASTERS



#### KRIYA YOGA EUROPE

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Vienna  
The Mother Centre of Europe**

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**PARAMAHAMSA  
HARIHARANANDA**

**The Ancient Science  
of Kriya Yoga**





## 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.



## 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:**  
representing the fruits of all our actions  
(the causal body)
-  - **Five flowers:**  
representing the five senses  
(the astral body)
-  - **Donation of € 150:**  
representing the gross body  
(the physical body)

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

### How to practise 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 two Kriya Yoga Centres and many Kriya Yoga Groups all over Europe, where one can attend guided group meditations or weekend programmes and seminars.

## The Teachers

**Rajarshi Peter van Breukelen** is the head of the Kriya Yoga Centrum in Sterksel, the Netherlands. He received authorization to teach Kriya Yoga in 1982.



**Swami Mangalananda Giri** has been ordained a monk by Paramahansa Hariharananda and Paramahansa Prajnanananda after she completed her medicine studies.



**Yogacharya Christine Jacobsen** is one of the co-founders of the Kriya Yoga Centre Vienna, Austria. She has been teaching Kriya Yoga since 1996.



**Yogacharya Claudia Cremers** lives at the Kriya Yoga Centrum in Sterksel, the Netherlands. She teaches at many seminars worldwide.



**Yogacharya Petra Helwig** lives in the Netherlands, is married and has two children. She used to be a dance teacher and has been giving initiation into Kriya Yoga since 2007.



**Yogacharya Uschi Schmidtke** met Paramahansa Hariharananda in 1995, an encounter which represented a turning point in her life. She now lives at the Kriya Yoga Centre Vienna.



## Seminar in Dublin

6th April – 7th April 2019

with Yogacharya Claudia Cremers

### Friday, 5th April 2019

19:30 Introductory Lecture open to all

### Saturday, 6th April 2019

09:00 Initiation followed by Meditation

13:00 Lunch together *(optional)*

15:00 Explanation of Techniques

17:00 Meditation

### Sunday, 7th April 2019

09:00 II. Kriya Meditation (only for those initiated into II. Kriya)

10:30 Guided Meditation

13:00 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** Dominican Retreat Centre,  
Tallaght Village,  
Dublin 24.  
[www.domsrc.com](http://www.domsrc.com) / (01) 404 8123.

### Costs (not for initiates)

The Seminars in Dublin are funded by donations/contributions and are organised by volunteers.

Sat and Sun € 30 per day  
€ 15 for half day

### Information

Lunch can be booked in advance with the Kriya Yoga Ireland team: email: [kriyaireland1@gmail.com](mailto:kriyaireland1@gmail.com)

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 to switch off your mobile during the program.

### Information and Registration

Kriya Yoga Ireland ( [www.kriyayogaireland.org](http://www.kriyayogaireland.org) )  
Phone: 01 532 2245  
Mobile: 086 8534765  
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