

## 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 above 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 Shriyukteshwarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

**PARAMAHAMSA  
PRAJNANANANDA**

*(photo above 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 Europe

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## THE ANCIENT SCIENCE OF KRIYA YOGA



### Kriya Yoga Hiking Retreat, Ardfert Retreat Centre, Tralee, Co. Kerry, Ireland

**29<sup>th</sup> June-4<sup>th</sup> July 2020**



*with*

**Swami Mangalananda Giri**



## Schedule

### Saturday, 29<sup>th</sup> June

- 12pm -Optional lunch at Muckross House Café in Killarney National Park.
- 1pm -Optional hike in Killarney National Park.
- 5pm -Check in at Ardfert Retreat Centre
- 6pm -Meditation followed by Dinner

### June 30<sup>th</sup> – 3rd July

- 7am -Meditation
- 8:30am -Breakfast
- 9-11 am -Beach walk/seva/alone time
- 1pm -Lunch at retreat centre & prepare supper box for afternoon hike
- 2:30pm -Hike (mountain, cliff, forest, or beach)
- 7/8pm -Meditation followed by Dinner

### Friday, 4<sup>th</sup> July

- 6:30am -Meditation
- 8am -Breakfast and picnic preparation
- 9am -Check out of Bags from Bedrooms
- 10am -Day of hiking in Killarney National Park

\* Checkout time at Ardfert is 9 a.m.

\*\*The programme schedule will be flexible to accommodate weather and group needs. Time and sequence of events may vary.



## Program Details

Join Swami Managananda on a 6-day retreat in County Kerry which will include walks and hikes along superb sandy beaches, rugged cliffs above the expansive Atlantic Ocean, enchanting forests, holy wells, and scenic mountain peaks. Many of the walks will follow the course of the Kerry Camino which is the ancient pilgrim path of St. Brendan the Navigator. This area is also known for its unusually high number of pre-Christian archaeological sites.

The retreat will offer a golden opportunity to deepen your Kriya practice with fellow Kriyavans under the guidance of Swami Mangalananda. The location will be at the newly renovated Ardfert Retreat Centre and accommodations include private rooms. The Retreat Centre is near the ancient Ardfert Monastery that served as a beacon of light during the Dark Ages of Europe. The Centre is also a short 4 km walk to Banna Beach which was awarded a Blue Flag in 2018.

Ardfert is an ideal location to explore the enchanting Dingle Peninsula, which is well known for its rugged beauty in a remote corner of Ireland's south western coast. Nearby are world class walks and hikes like Mt. Brandon, Sleah Head, Connor Pass, Kerry Head and Mount Eagle. This location is also within range of Ballyseedy Woods, Ballybunion Cliffs and Killarney National Park.



## Teacher

### Swami Mangalanada Giri

Swami Mangalananda is a disciple of the great master Paramahansa Hariharananda, who was the last living God-realized Kriya master who was a direct disciple of Swami Shriyuktेश्वar. Swami Mangalananda Giri (meaning bliss of auspiciousness) was ordained shortly after qualifying as a medical doctor. She is the first female monk in the lineage. She lives in the Tattendorf ashram in Austria and travels throughout Europe teaching Kriya Yoga.

### Information & Registration

Meditations and retreat may only be attended by initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda

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