



KRIYA YOGA CENTRE VIENNA

International Organisation for the Promotion of the authentic original Kriya Yoga by Babaji, Lahiri Mahashaya, Shriyukteshwarji, Bhupendranath Sanyal, Paramahansa Yogananda, Swami Satyananda Giri, Paramahansa Hariharananda and Paramahansa Prajnanananda, ZVR: 832661361

A-2523 Tattendorf, Pottendorferstrasse 69

☎ 0043-2253-81491, Email: kyc@kriya.eu, www.kriya.eu, www.kriya.org



"God is changing your cells, your atoms, your tissues and your diaphragm at every moment, you should strive to change your negative qualities."

- Paramahansa Hariharananda -

Kriya Yoga Programs in Tattendorf 2022

Teachers: Rajarshi Peter van Breukelen – PvB, Swami Atmavidyananda Giri – SAVG, Swami Achalananda Giri – SAcG, Swami Mangalananda Giri – SMG, Swami Karunananda Giri – SKG, Yogacharya Claudia Cremers – YCC

Programmes	Month	Days	Acharyas
Seminar – Intensive, arr. 17.02 evening	February	18 - 20	Swami Atmavidyananda Giri
Seminar	March	25 - 27	Swami Karunananda Giri
Seva Days - free board and lodging * Arrival April 24 evening, departure April 29 morning	April	25 - 28	Swami Mangalananda Giri
Seminar	April-May	29 - 01	Swami Mangalananda Giri
Birthday Celebration of P. Hariharananda May 27			
Seminar – First & Higher Kriya Retreat**	May-June	31 - 05	Paramahansa Prajnanananda PvB, SAcG, SMG, SKG, YCC
Guru Purnima Celebration	July	13	
Seminar	July	22 - 24	Swami Mangalananda Giri
Seva Days - free board and lodging * Arrival July 25 evening, departure July 28 morning	July	25 - 28	Swami Mangalananda Giri Swami Karunananda Giri
Birthday Celebration of P. Prajnanananda August 10			
Seminar	September	01 - 07	Paramahansa Prajnanananda PvB, SAVG, SMG, SKG, YCC
23rd Ashram Foundation Day September 06			
Seminar	November	to be determined	Swami Mangalananda Giri
Paramahansa Hariharananda's Mahasamadhi Day December 03			
Seminar	Dec./Jan	24.12. – 01.01.2023	Swami Mangalananda Giri Swami Karunananda Giri

Initiation into the authentic Kriya Yoga is possible at the beginning of each seminar

For the initiation you need: ☸ Five flowers, ☸ five fruits and ☸ a donation of € 150.-

** The Higher Kriya Seminar is for anyone who is already initiated into Kriya II or higher, and also for those who have practiced Kriya I for a minimum of 3 years and who have additionally got permission from a Kriya teacher to be initiated into Kriya II.

Seminar fee for a weekend (March, April, July, November) € 116,-; includes board and lodging

Seminar fee for a weekend (March, April, July, November) € 90,-; board only

Seminar fee for First & Higher Kriya Retreat, and Ashram Foundation Seminar

(June, September) € 64,- per day; includes board and lodging

Seminar fee for First & Higher Kriya Retreat, and Ashram Foundation Seminar

(June, September) € 51,- per day; board only

Seminar fee for the Intensive & Christmas- seminar (Feb., December) € 58,- per day; includes board and lodging

Seminar fee for the Intensive & Christmas- seminar (Feb., December) € 45,- per day; board only





Those who are already initiated are warmly welcome to the daily meditations in our Centre in Tattendorf and to the weekly meditations in Vienna. The Kriya Yoga Centre is open all year round, even when no major seminars are taking place. Tattendorf is a special place, blessed by Paramahansa Hariharananda. Please feel welcome to visit at any time. Thanks to the expansion of our ashram in Tattendorf, we now have the opportunity to offer you **Self Retreats for personal practice**. (more info under kyc@kriya.eu)

*** Meditative Seva Days: April 25-28 and July 25-28**
with Swami Mangalanandaji and Swami Karunananda Giri - stay for free
(Arrival April 24 and July 24 evening / Departure April 29 and July 29 morning)

These days offer the opportunity to connect our spiritual practice with practical support and help in the house and garden. Seva is your voluntary contribution and offers the chance to be part of the self-organized project "Kriya Yoga Centre". Each day there will be guided meditations at 5:45 a.m. / 11:30 a.m. / 7:00 p.m.



We have regular office hours in our Tattendorf Centre as follows:

Daily from **8:30 to 11:30am, afternoon 2:00 – 5:30pm**

During these hours you can reach us by calling: +43 2253 81491

At other times please leave your message on the answering machine and we will get back to you as soon as possible!

Daily meditations in Tattendorf-Ashram / Austria: (after Corona Lockdown)

Guided by a Yogacharya or with tape at 5.45 a.m. (in silence), 11.30 a.m. and 7.00 p.m.

Daily recorded lectures given by Paramahansa Prajnanananda at 6.00 p.m.
(you may give us a short call, if you would like to come for meditation or a lecture)



„Sunday Satsang“

Through meditation and satsang we are able to deepen our practice and experience some spiritual reciprocity. We will conclude the morning with a shared Lunch.

"Strong desire, keeping good company and practice are the three steps for quick spiritual evolution.
- Shri Bhupendranath Sanyal

Program:

09:30-10:45 II. Kriya Meditation (CD)
11:00-11:30 Satsang (lectures, stories, bhajan singing, chanting contributed by Ashramites)
11:45-12:45 I. Kriya Meditation (guided meditation)
13:00 Lunch (to register, email kyc@kriya.eu till Saturday evening)

In the afternoon there will be the option to do some Seva (practical help in house and garden).
(During seminars at the Kriya Yoga Centre there will be no "Sunday Satsang").

Weekly meditations in Vienna (after Corona Lockdown)

with Swami Mangalanandaji, Swami Karunananda Giri, Ashramites or guided with recording

Wednesdays, at 6:45 p.m. (beginning at 7 p.m.) but not during the seminars in Tattendorf

Venue: 1150 Vienna, Diefenbachgasse 38/6

(U6 or U4, Station Längenfeldg. – Exit Storchensteg),

Only initiated persons may attend the Kriya Yoga Meditation.

Programmes in India

14 – 20th January 2023 22nd International Intensive Kriya Yoga Seminar at the Hariharananda Gurukulam - Balighai, Puri, Odisha, India
(Please register with the Kriya Yoga Centre Vienna)

„Contentment is the best policy in life“.

- Shri Sanyal Mahashaya -