

In Berlin-
Friedrichshagen

Swami Yogeswarananda Giri



Swami Yogeswarananda Giri was born on 11 February 1954 in Orissa. Already in his childhood he had an extraordinarily strong spiritual desire. In 1970 he was initiated into Kriya Yoga by his master, Swami Hariharananda Giri, then president of the Karar Ashram. Six years later he entered the ashram under the name Brahmachari Santananda and took his monk's vow. At the same time he completed his studies of philosophy with a focus on Vedānta at the univer-

sity with a master's degree. Swami Yogeswarananda Giri is a spiritual teacher who makes himself available humbly, undogmatically and objectively to all seriously interested people and practitioners.

Swami Yogeswarananda Giri is the authorized successor in the Master Lineage of Kriya Yoga of **Babaji Maharaj**, Syamacharan **Lahiri Mahasaya**, Swami Sri **Yuktswar Giri**, Paramahansa **Yogananda**, Swami **Satyananda Giri**, Swami **Hariharananda Giri**.

Swami Sri Yuktswar Giri founded the Karar Ashram in Puri in the Indian state of Orissa in 1903. Since then, the Karar Ashram has been regarded as the most important centre of Kriya Yoga as taught in the tradition of these masters.

According to the spiritual rules of Babaji, the practice system of Kriya Yoga can only be passed on by authorized teachers. Swami Yogeswarananda reached Nirvikalpa Samadhi, the highest level of Kriya Yoga, in 1982 and was elected President (Sadhu Sabhapati) of Karar Ashram in 1983. One year later he was appointed by the Shankaracharya of Puri as successor of his Master and former President Swami Hariharanada Giri.

In this function Swami Yogeswarananda has been leading the Ashram since then and teaches like his predecessors also in the USA and in Europe. Numerous books by Swami Yogeswarananda have been published in English.

More info: www.kriyayoga-berlin.de/language/en/english

KRIYA YOGA

Introduction &
Practise

Swami Yogeswarananda Giri

President of Karar Ashram

17. May – 19. May 2019

Practice for Holistic Physiotherapy,
Eric Fettke and Team
Berlin- Friedrichshagen

Kriya Yoga

Kriya Yoga is a simple, scientific and effective exercise system based on breathing and meditation techniques and free of ascetic exercises. The practice of Kriya Yoga leads to spiritual development, influences the entire nervous system and helps to develop a clear, calm mind. Kriya Yoga is a spiritual path that integrates everyday life, family and work, and enables one to experience the living presence of the divine within oneself - in the midst of daily activities and commitments, free from religious dogmas and beliefs.

Circle of participants	Persons aged 16 and over who are genuinely interested in a spiritual path
Event location	Practise for Holistic Physiotherapy Eric Fettke and Team Bölschestreet 108, 12587 Berlin www.physiotherapie-friedrichshagen.de
Costs	Swami Yogeswarananda teaches free of charge, but donations are welcome. All of these donations go to the Karar Ashram.
Board and lodging	Board and lodging are the responsibility of the participants. There is limited possibility to stay overnight in the event rooms. Please consult us in this case.
Take with you	Comfortable clothes, blanket, if possible yoga mat and seat cushion. There are also some yoga mats and cushions in the event rooms. Sleeping equipment in case you will stay overnight in the event rooms.
Registration	A short info would be nice (for better planning)
Info	For question and information: Christian Geike christian@kriyayoga-berlin.de www.kriyayoga-berlin.de

Program

Friday, 17th May 19.30 – 21.00 o'clock	The authentic Kriya Yoga – Introductory talk by Swami Yogeswarananda world View and Basic Ideas of the Classical Philosophy of India –Embedding Kriya Yoga – Principles, Goals and Structure of Kriya Yoga – Tradition and Master of the Karar Ashrams – Questions and Answers
Saturday, 18th Mai 10.00 – ca. 13.00 o'clock	Initiation Traditional Introduction to the techniques of Kriya Yoga by Swami Yogeswarananda. The initiation is a prerequisite for participation in all further meditations and teachings.
15.00 – 18.00 o'clock	Kriya-Yoga-Meditation; Explanations about the technique
Sunday, 19th May 9.00 – 10.30 o'clock	Practise introduction and meditation
10.30 – 12.00 o'clock	Teachings, Questions & Answers (satsang)
15.00 – 18.00 o'clock	Meditation; Explanations about the technique Interpretation of Yoga Sutras

Monday/Tuesday 20. – 21. Mai	Location, Time and Program still open - daily meditations / questions & answers - philosophical debate, possibly about Brahman/ Vedic metaphysics may be possible. - Interpretation of the Bhagavad Gita possible - Introduction to Vedic Astrology possible. - Boat trip on lake Müggelsee possible - ...
Wednesday, 22th May	Location, Time and Program still open ...

- The lessons are held in English with German translation.
- For internalization and practice of the technique it is recommended to participate in as many guided meditations as possible after the initiation
- Only the transmission of a technique is connected with the initiation, not a change of the own belief system. Every practitioner should maintain his own path of faith. The only prerequisite is the serious wish to practice the technique regularly. Each disciple is personally initiated. The initiation corresponds to the traditional ritual: Symbolically, five flowers (corresponding to the five sensory organs), five fruits (symbol of one's own previous actions) and a donation (symbol of the gross body) are offered.