



## 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 - A-1150 Wien, Diefenbachgasse 38/6  
☎ 0043-2253-81491, Email: kyc@kriya.eu, www.kriya.eu, www.kriya.org



**"Stay calm but active and remain compassionately detached."**

- Paramahansa Hariharananda -

### Kriya Yoga Programs in Tattendorf 2020

Teachers: Rajarshi Peter van Breukelen – PvB, Swami Mangalananda Giri – SMG, Swami Achalananda Giri - SAcG  
Yogacharya Claudia Cremers – YCC, Yogacharya Uschi Schmidtke -YUS

Programmes	Date	Acharyas
<b>Seminar</b>	24 <sup>th</sup> – 26 <sup>th</sup> January	Yogacharya Uschi Schmidtke
<b>Seminar</b>	03 <sup>rd</sup> – 05 <sup>th</sup> April	Swami Mangalananda Giri
<i>Seva Days - free board and lodging *</i> <i>Arrival April 26 evening, departure May 01 morning</i>	27 <sup>th</sup> – 30 <sup>th</sup> April	Swami Mangalananda Giri Yogacharya Uschi Schmidtke
<b>Birthday Celebration of P. Hariharananda 27<sup>th</sup> May</b>		
<b>Seminar – First &amp; Higher Kriya Retreat**</b>	29 <sup>th</sup> May – 05 <sup>th</sup> June	Swami Achalananda Giri PvB, SMG, YCC, YUS
<b>Peace Walk - Vienna</b>	<b>30<sup>th</sup> May</b>	<b>Paramahansa Prajnanananda</b> PvB, SAcG, SMG, YCC, YUS
<b>Special Yogananda Event „Spiritual Dimensions“ in Vienna 3.6. - 7:30 pm</b>		
<b>Guru Purnima Celebration</b>	<b>05<sup>th</sup> July</b>	<b>Paramahansa Prajnanananda</b>
<b>Seminar Vienna</b>	13 <sup>th</sup> – 14 <sup>th</sup> June	Swami Mangalananda Giri Yogacharya Uschi Schmidtke
<b>Seminar</b>	17 <sup>th</sup> – 19 <sup>th</sup> July	Yogacharya Uschi Schmidtke Swami Mangalananda Giri
<i>Seva Days- free board and lodging *</i> <i>Arrival 19<sup>th</sup> July evening, departure 25<sup>th</sup> July morning</i>	20 <sup>th</sup> – 24 <sup>th</sup> July	Yogacharya Uschi Schmidtke
<b>Birthday Celebration of P. Prajnanananda 10<sup>th</sup> August</b>		
<b>Seminar</b>	04 <sup>th</sup> – 10 <sup>th</sup> September	Swami Atmavidyananda Giri Swami Paripurnananda Giri PvB, SMG, YCC, YUS
<b>22nd Ashram Foundation Day 6<sup>th</sup> September</b>		
<b>Seminar</b>	13 <sup>th</sup> – 15 <sup>th</sup> November	Swami Mangalananda Giri
<b>Paramahansa Hariharananda's Mahasamadhi Day 3<sup>rd</sup> December</b>		
<b>Seminar</b>	24 <sup>th</sup> Dec. – 01 <sup>st</sup> Jan. 2021	Swami Mangalananda Giri Yogacharya Uschi Schmidtke

#### **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 (January, April, July, November) € 116,-; includes board and lodging

Seminar fee for a weekend (January, 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 Christmas- seminar (December) € 58,- per day; includes board and lodging

Seminar fee for the Christmas- seminar (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](mailto:kyc@kriya.eu))

\* **Meditative Seva Days: 27th April – 03rd/ 04th May and 22nd – 25th July**  
**with Swami Mangalanandaji and Yogacharya Uschi Schmidtke - stay for free**  
(Arrival April 26 and July 21 evening / Departure May 03 or 04 and July 26 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:**

**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](mailto: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 with Swami Mangalanandaji, Yogacharya Uschi Schmidtke, 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 – 20<sup>th</sup> January 2020 21<sup>st</sup> International Intensive Kriya Yoga Seminar at the Hariharananda Gurukulam - Balighai, Puri/ Odisha**  
(Please register with the Kriya Yoga Centre Vienna)

**14 – 20<sup>th</sup> January 2021 22<sup>nd</sup> International Intensive Kriya Yoga Seminar in Balighai, Puri/ Odisha**

*„Yoga is the art of doing everything in God-consciousness“.*

*- Paramahansa Yogananda -*