

Dear Yoga friends,

We have great pleasure in announcing the visit to Paris of **Swami Nishchalananda**, spiritual director of Mandala Yoga Ashram in Wales. He will give a weekend course on:

An introduction to Kriya Yoga*
Saturday 9 et Sunday 10 April 2011

The course will be preceded by:

- **kirtans** (chants), on **Thursday 7 April, 7:30 pm** (reception opens 7 pm), at **Maison Verte** (8, rue des Rasselins, Paris 20^e, metro station Porte-de-Montreuil)** ;
- **satsang** (questions & answers) followed by a **meditation**, on **Friday 8 April, 5:30 pm**, at **École de yoga Satyananda** (60, rue Greneta, Paris 2^e)**.

We hope that you will be able to join us for these events in the company of this exceptional teacher, who will share with us his profound knowledge of yoga.

Warmth and respect,

Nada Amrita

* See enclosed leaflet for full details on the course.

** Fee: €10 for both events (annual membership, for insurance) + small donation if you wish. Please, let us know by email (or on the booking form if you attend the weekend course) if you intend to come.

Contact: yoginiratna@free.fr
06 14 26 39 21 (Yogini Ratna)

*Please, return the booking form bellow with your **2 cheques** at : Sarah Mazaltarim - Santosha – 19, rue d'Alésia – 75014 Paris*

Booking form

I wish to book a place on the weekend course *An introduction to Kriya Yoga* (9-10 April 2011, Paris).

Surname, First name:

Yoga name (if applicable):

Address:

Tel: E-mail :

I enclose a deposit* of €50 + €10 on a separate cheque (membership 2011***)**

I enclose payment for the full amount of the course fee: €150 + 10 € on a separate cheque (membership 2011***)**

I will take lunch at the vegetarian restaurant on-site: Saturday Sunday

I will attend: kirtans on the Thursday satsang & meditation on the Friday

* *Deposit is non-refundable (donation to Swami Nishchalananda).*

** *Cheques in euros drawn on a French bank, payable to **Nada Amrita**.*

*** *Membership is compulsory for the insurance.*

PRACTICAL INFORMATION

Lunch

Lunch available on site (vegetarian restaurant serving organic food: approx €15 per meal, not included in course fee)

Accommodation

Accommodation not included (several simple, inexpensive hotels located near course venue – see list bellow)

Hotels located near the course venue

◆ Hôtel Mazagran

4, rue Mazagran – 75010 Paris
Métro station: Bonne-Nouvelle

☎ 01 48 24 06 66

Tariff: €60 to €75*

A special reduced rate is available for anyone doing a course at Les Temps du Corps. Please ask the hotel for details at the time of booking.

◆ Hôtel des Boulevards

10, rue de la Ville-Neuve – 75010 Paris
Métro station: Bonne-Nouvelle
Website : www.hoteldesboulevards.com

☎ 01 42 36 02 29

Tariff: €55 to €68*

* *Tariff valid as at 1st February 2011.*

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*Teaching will be given in English,
with French translation*

Venue

Chinese cultural centre 'Les Temps du Corps'
10, rue de l'Échiquier – 75010 Paris
Métro station: Bonne-Nouvelle (lines 8 & 9)
Website : www.tempsducorps.asso.fr

Time schedule

Saturday: 9:30 am to 5:45 pm (reception opens 9 am)
Sunday: 9:30 am to 4:30 pm

Please remember to bring

- ✓ loose, comfortable clothing and socks
- ✓ blanket or cover
- ✓ pen and paper to take notes if you wish
- ✓ yoga mat and cushion if possible (*a certain number will be available in the yoga hall*)

Cost of the course (in Euros)

- ◆ €150
- ◆ + €10 compulsory annual membership fee

Contact information

For further details or assistance, please contact:

- ◆ Sangita Bindu: 06 68 26 42 30
nada_amrita_sangita@yahoo.fr
- ◆ Yogini Ratna (enquiries in English): 06 14 26 39 21
yoginiratna@free.fr

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Course Registration form enclosed

An introduction to Kriya Yoga

Weekend course given by

Swami Nishchalananda Saraswati



Saturday 9th & Sunday 10th April 2011
in Paris (France)

Organised by the association Nada Amrita

ABOUT SWAMI NISHCHALANANDA

Swami Nishchalananda Saraswati is the Founder and Director of Mandala Yoga Ashram in Wales. He spent 14 years in India with his Guru, Swami Satyananda Saraswati, from 1971 to 1985. During that time he spent 7 years teaching Yoga in villages and cities throughout India.

Since 1985 he has been teaching workshops and seminars on a wide range of yoga and meditation related subjects in the Ashram, all over Europe and in India.

Swami Nishchalananda is the author of several books on yoga. His two most recent books are: *Mantra Yoga and Ashram Chants* and *The Edge of Infinity*. The next one, *Insight into Reality: The Tantric Teachings of the 'Vigyana Bhairava Tantra'*, gives a practical presentation of one hundred and twelve means of transforming our vision of life and existence. It will come out in 2011. The following one, *The Chakras : Catalysts of Human Evolution and Destiny*, treats the chakras from all perspectives and is intended as a practical manual for the transformation of energy and the realisation of Consciousness.

Mandala Yoga Ashram

Pantypistyll, Llansadwrn, Llandwrda
Carmarthenshire SA19 8NR
Royaume-Uni

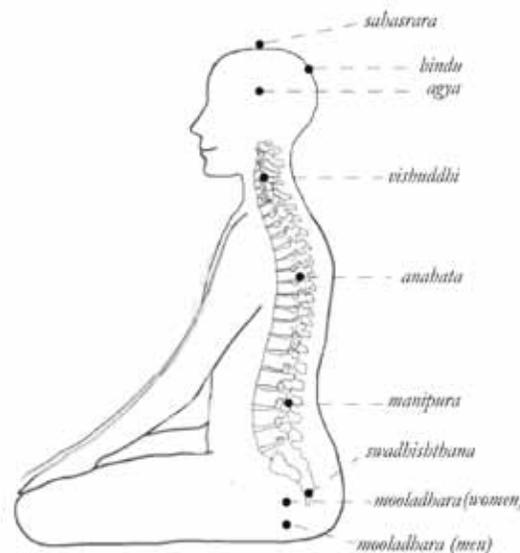
☎ (00 44 0) 1558 685 358

email@mandalayoga.freemove.co.uk

Website : www.mandalayoga.net

KRIYA YOGA

Kriya Yoga is one of the most systematic paths of yoga. It is a means of awakening the chakras, thereby enabling us to retrace the path back to the source of our Being. The exact origin of Kriya Yoga is not known though it has been practised in secret for thousands of years. It was developed by yogis and sages who had tremendous insight into the human nature and the different levels of the mind.



Kriya Yoga has always been passed on from teacher to disciple, by word of mouth and by direct instruction. This tradition still holds. In this way, the teacher can ensure that the disciple is ready to awaken the chakras and raise the kundalini energy – the transformative vital energy that lies dormant in each of us. Before undertaking the practice of Kriya Yoga, any physical and psychic blockage in the student can be identified and, if necessary, cleared by other appropriate yoga practices.

There are passing references to some of the practices of Kriya Yoga in a few traditional Yogic texts such as the *Hatha Yoga Pradipika* ('Light on Hatha Yoga') and the *Gherand Samhita* ('The Teachings of Hatha Yoga According to Yogi Gherand'). A form of it was practised in China and is mentioned in the *Tai Chin Hua Tzang Chih* ('The Secret of the Golden Flower'), a Taoist text, which explains *shoshuten* (the 'circulation of light'). In 20th century, Swami Yogananda refers to Kriya Yoga in his book *Autobiography of a Yogi*. He learnt it from his guru, Yukteshwara Giri, who received it from his guru, Lahiri Mahasaya, who in turn had been initiated by the almost mythical Himalayan yogi, Babaji. Among others, Swami Yogananda initiated Mahatma Gandhi into Kriya Yoga.

Swami Shivananda of Rishikesh was initiated into Kriya Yoga; by whom we don't know. He subsequently passed it on to his disciple, Swami Satyananda, who in turn has taught it to yoga practitioners world-wide, including myself.

Kriya Yoga does not demand that you subscribe to any stereotypical belief. It works on transforming energy and awakening that which already lies dormant within. If you want to discover the hidden dimensions of your Being, then Kriya Yoga offers you a sure and time-tested way.

SWAMI NISHCHALANANDA

*The main subject of this weekend course will be **the chakras**. You will be introduced to the basics of Kriya Yoga so that in the future, should you wish, you can be initiated into all the practices in their entirety.*

It would be better if participants have a minimum grounding in yoga. Some practice of meditation would also be useful.