

# Mandala Yoga Ashram

## Kriya Yoga

The Means of Awakening Energy, Creativity & Insight

October 2018 – July 2019

### Prospectus



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## 1.0 Course Summary

This Kriya Yoga course is being taught in the ashram for the first time since 2011. It offers the opportunity to learn and assimilate the practices and immense benefits of Kriya Yoga. The course is over 31 days spread over 4 retreat periods.

### **Kriya Yoga**

Kriya Yoga is a sophisticated and practical method of harmonising and refining the natural energies of our being to allow the physical, emotional, etheric and mental energies to be brought into balance. It works directly on the chakras (energy centres) and inner pathways so that we start to become more aware of the subtle energies they represent. The practices make us more fluid and open, enabling us to catalyse energy. The mind begins to resonate like a tuning fork and we open up to insight; this brings about enormous changes in our understanding, perception and behaviour.

Each of us has the possibility of accessing the immense potential that is the very basis of our embodied existence. In yoga, this is known as the kundalini (transformative primal energy). Kriya Yoga opens us up to this potential. Moreover, since each of us is a reflection of the totality, Kriya Yoga allows us to consciously commune with what we are on a fundamental level.

The purpose of Kriya Yoga is to transform the life of the practitioner so that it becomes a continuous expression of joy, meaning and positivity. In brief, it brings about the following changes:

- slowly whittles away phobias, fears, depression, misconceptions, conditioning and negative patterns which are hidden in the depths of the subconscious mind, so that the mind is harmonised from top to bottom
- induces a greater sense of well-being
- heightens our level of energy and creativity so that we can do more, but with less tension and more effectiveness
- awakens insight
- opens us up to the mystery of meditation and to the hidden dimensions of our being

This course offers a rare opportunity to learn, explore and deepen your practice of this ancient system in an ashram environment. It will be directed towards personal experience, insight and transformation. Full instructions will be given both in theory and in practice.

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. It is a system of yoga which is very pertinent for the modern era.



## 1.1 Aims

This course will:

- provide a systematic, comprehensive and accessible training in all the 20 kriyas of Kriya Yoga
- explore experientially how these practices naturally lead to greater energy, clarity and self-understanding
- encourage each participant to go deeper in their Kriya Yoga practice in their daily lives – and so undergo a personal transformation in their understanding and practice
- offer subsidiary practices such as yoga classes, *yoga nidra*, *satsang*, to support the direct teaching of the course.

## 1.2 Objectives

By the end of this course all students will have:

- gained first-hand theoretical and experiential knowledge of the 20 Kriya Yoga practices and how they bring a different quality to their self-understanding and daily life experience
- acquired sufficient competence to practise at home as part of their ongoing yoga and spiritual path
- experienced a shift in their self-understanding.

## 1.3 Course Prerequisites

- At least 5 years practice of hatha yoga which has prepared you to sit in a comfortable and still position for practice
- A personal interview with one of the course tutors to ascertain suitability
- Prior experience of ujjayi pranayama (subtle breath), khechari mudra (tongue lock), spinal and frontal locations of the six chakras, and the 3 bandhas – moola (pelvic floor lock), uddiyana (abdominal lock) and jalandhara (neck lock). Whilst these practices will be succinctly taught during the first retreat, the more prior experience a participant has of these, the easier it will be for them to settle into the Kriya Yoga practices smoothly
- If you are new to the ashram we would advise a prior visit before the course starts to gain an initial experience of the daily schedule and energies of the



ashram. We do, however, accept that this may not be practical for those living a long distance away.

## **1.4 Course Requirements**

Course participants will be required to attend the four retreats, and commit themselves to regular personal practice, ideally daily, at home for the duration of the course. You will also need to allocate time in your day for the practices of Kriya Yoga. These do take time (explained in more detail in the interview stage) although you will be given options as to the long, medium and shorter forms of the practice.

## **1.5 Course Support**

Each participant will have their own mentor (one of the course tutors) whose role will be to offer ongoing support throughout and beyond the course.

At the end of each retreat a home practice will be given to facilitate each practitioner's learning, practice and development between retreats.

Each teaching session of the course will also be recorded and these audio recordings will be available to each course participant to download following each retreat.



## 2.0 Teaching

### Course Director

**Swami Nishchalananda** is the Ashram's Spiritual Director. From 1971 he spent 14 years in India where he was initiated into Kriya Yoga by Swami Satyananda. He spent many years practising Kriya Yoga in the early morning hours. Such was his insight into the practices that his teacher asked him to write an encyclopaedic textbook on Kriya Yoga entitled *A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya*. It took him 3 years and the book was subsequently published by the Bihar School of Yoga. He has taught Kriya Yoga all over India and also, when he returned to the west, in the ashram and in different parts of Europe.



**Swamiji will be directing the course yet only giving periodic sessions here and there. The bulk of the course delivery will be given by the teaching team below.**

### Teaching Team



**Swami Krishnapremananda** has been living, practising and teaching in the ashram since 1997. His yogic understanding has gradually matured through sustained and dedicated practice under the guidance of Swami Nishchalananda and other inspirational teachers. He has learnt Kriya Yoga from Swamiji and practices it daily. Teaching since 2001, he has given numerous classes and seminars on many aspects of yogic study and practice both within the ashram and elsewhere in the UK and Europe. He conveys the teachings in a simple, clear and accessible way.

**Maha Sattwa** graduated as an Ashram yoga teacher in 2014. She was a key member of the tutor team on the Ashrams 1-year Chakra Course in 2014, and the Yoga Teacher Training Course from 2015-17. Having completed the previous Ashram Kriya Yoga course she experienced the transformative potential of these practices first hand which catalysed a series of major positive changes in her life. She is a dedicated practitioner of Kriya Yoga and brings sound experience, compassion and sensitivity to her teachings which she skilfully conveys to students in a clear and uncluttered manner.





### 3.0 Course Content

The 20 Kriyas:

- Kriya No.1: Vipareeta Karani Mudra (the attitude of inversion)
- Kriya No.2: Chakra Anusandhana (exploring the chakras)
- Kriya No.3: Nada Sanchalana (circulating the sound vibration)
- Kriya No.4: Pawan Sanchalana (circulating the breath consciousness)
- Kriya No.5: Shabda Sanchalana (circulating the mantra)
- Kriya No.6: Maha Mudra (great attitude)
- Kriya No.7: Maha Bheda Mudra (great piercing attitude)
- Kriya No.8: Manduki Mudra (frog attitude)
- Kriya No.9: Tadan Kriya (beating the kundalini)
- Kriya No.10: Naumukhi Mudra (closing the inner nine gates)
- Kriya No.11: Shakti Chalini (conduction of energy)
- Kriya No.12: Shambhavi (the lotus at the crown)
- Kriya No.13: Amrit Pan (the quaffing of nectar)
- Kriya No.14: Chakra Bhedan (piercing the chakras)
- Kriya No.15: Sushumna Darshan (inner visualisation of the central psychic pathway)
- Kriya No.16: Prana Ahuti (infusing the Divine life-energy)
- Kriya No.17: Utthan (raising the Kundalini)
- Kriya No.18: Swaropa Darshan (the vision of your Self)
- Kriya No.19: Linga Sanchalana (astral circulating)
- Kriya No.20: Dhyana (meditation)

#### Associated practices:

- Shambhavi mudra (eyebrow centre gazing)
- Nasikagra Drishti (nosetip gazing)
- Unmani mudra (the attitude of thoughtlessness)
- Arohan and Avarohan psychic pathways up the front of the body and down the spine
- Japa Anusthana (fixed period of mantra chanting)
- Succinct input and consolidation of the 3 bandhas – moola (root lock), uddiyana (abdominal lock) and jalandhara (neck lock) - ujjayi pranayama (subtle breath), khechari mudra (tongue lock) and the six spinal and frontal chakra locations
- The practice of Shankaparakshalana (full digestive cleansing) may also be included although this will depend on the needs of the participants at the time.



## 4.0 Typical Retreat Programme

### Arrival Day:

4.30 – 6pm	Registration
6.30pm	Supper
8.00	Introductory session

### Other Days:

5.30am	Awakening bell
6.15 – 7.40	Yoga class including course practices
7.50– .40	Morning chanting and course practices
8.45	Breakfast
9.30 – 11.05	Karma Yoga
11.30 – 12.45	Course practice session
1.00	Lunch
Free time after lunch to rest, walk, reflect, interact or just Be.	
3.30 – 4.30	Course practice session and/or <i>Yoga Nidra</i>
5.00 – 6.00	Course practice session
6.30	Supper
8.00	Evening session of Practice, Satsang, Kirtan

**Final Day:** the same as above until 1pm lunch, and then departure.

## 5.0 Duration and dates of the Course

The course comprises 31 full days from October 2018 to July 2019, comprising four retreat periods as follows:

- a seven-day retreat from 27 October to 3 November 2018
- a seven-day retreat from 2-9 March 2019, which includes the annual festival of *Shivaratri*, or Night of Consciousness.
- a five-day retreat from 1-6 May 2019, including the early May bank holiday
- a 12-day summer retreat from 13-25 July 2019, which includes the annual festival of *Guru Purnima*, or Thanksgiving to the Spiritual Teacher/Teachings.

All the seminars are residential and include tuition, guidance, accommodation and food.

Participants are very welcome to stay for extra nights before or after each retreat, subject to availability of accommodation. One night before or after each retreat will be complementary as part of the course fee, and other nights will be charged at the usual stay rate of £30.



## 6.0 Course costs

**Course Fee:** £1995

This covers all tuition and full board at the ashram for all the three retreats, including session recordings, handouts, mentoring and the wider ashram experience.

**Deposit:** £475

The deposit is non-refundable and confirms your place, subject to a successful application process.

**Balance:** £1520

The balance is payable at the beginning of the course as one payment **or 8** monthly instalments by direct debit of £190 a month from 01/12/2018 to 01/07/2019 inclusive.

## 7.0 Application process

The application process is as follows:

1. complete and send in the application form to the ashram office, [info@mandalayoga.net](mailto:info@mandalayoga.net)
2. the tutor team will then confirm whether a place can be offered
3. if so, the payment of the deposit (via the website, or over the phone by card, or by cheque) will confirm your place.

Places on the course will be limited to **22 people maximum**:

Applications are invited from those who would like to dedicate themselves to deepening the practice of Kriya Yoga for the purpose of self-awakening and as service to the world in which we live.

## 8.0 Further information

For further information please contact the ashram office. We can put you in touch with any of the course tutors for an informal, no-obligation chat about the course.

## 9.0 Contact Details

Mandala Yoga Ashram  
Pantypistyll, Llansadwrn, Llanwrda, SA19 8NR, UK  
+44 (0)1558 685358 (office telephone hours are from 9.30-12)  
[info@mandalayoga.net](mailto:info@mandalayoga.net)    [www.mandalayoga.net](http://www.mandalayoga.net)