KRIYA YOGA
THAT IS THE PATH WHICH IS DIRECTED BY THE REALIZED

Bulletin No. 9/2026, 30 June 2026

Our ashram is flourishing

Tłuczań



Practicing detachment
Garden, orchard, and vegetable garden – summer work
Welcome summer at the ashram
Building at the ashram 2026
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Donations
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Kriya Yoga events in Poland
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You can always support the activities in the ashram :

- *with your thoughts and prayers*
- *physically - through engaging in different forms of activities in the area of the Centre.*
- *donating materials - buying various necessary objects for the Centre (if you would like to engage in this way - please contact Krysia + 48 791 234 577);*
- *financially: to the account given in the footer of the bulletin (title - donation for statutory purposes: ashram)*



PRACTICING DETACHMENT

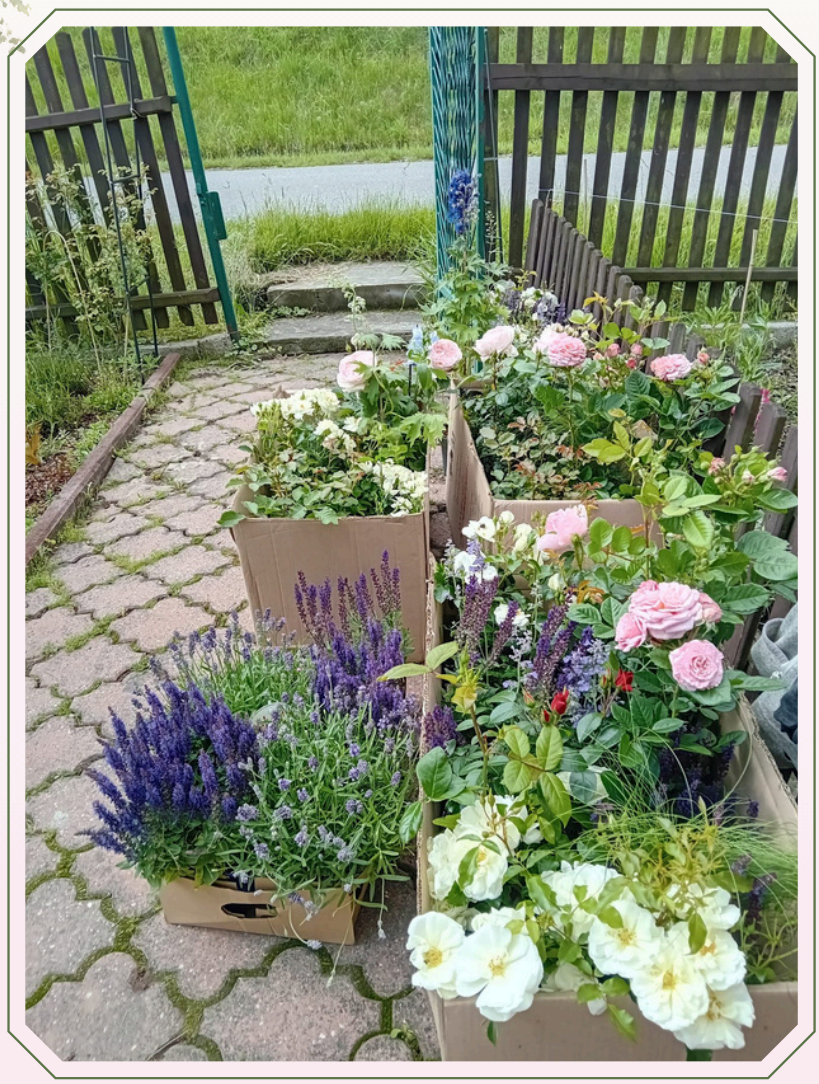
Why cultivate indifference or detachment ? The mind colors the sense objects so they appear attractive. Hence, seekers must color the mind with love for God and cultivate inner transformation. The process can be summed up as follows:

1. Love God in all, so that the sense objects will no longer be binding or alluring.
2. See God in everything, so that sense objects will no longer be the cause of temptation.
3. Offer every sense object to God and then use it for your personal needs; thus it will be prasada.
4. Train your mind to see the beauty of God, not the attractive form of the world.
5. Always use your discrimination to find the distinction between the real and the unreal, the temporary and the permanent.

An extract from „Teachings for Transformation from the Bhagavad Gita”

- **Shri Guruji Paramahamsa Prajnanananda**

Garden, orchard, and vegetable garden – summer work



In the garden with the statue of Saint Mary, the following plants were planted:

- ornamental grasses *Pony Tails*
- dusty millers
- woolly sages
- orange coneflower
- thyme
- echinacea *Cheyenne Spirit*
- echinacea *Meditation Orange*
- common gaillardia *Kobold*
- lavender

In the front garden, some of the existing plants, such as physalis, were moved to the flower beds on the other side of the house, where they created new arrangements. A rose garden was also created here, consisting of bedding roses, two plants of each variety: *Xenia*, *Cremosa*, *Märchenzauber*, *Poetry*, and *Arifa*, with a height of 90–100 cm and ADR certifications; ground-cover roses *Schneeflocke* (6 plants) and the ground-cover rose *Knirps*, which are also resistant to changing environmental conditions and phytopathogens. Between them, ornamental grasses *Pony Tails*, garden delphiniums, lavender, woolly sages, catmint, and low-growing phlox were planted. All plants, soil, and bark were funded.



In the central area, a slab was installed for a small garden sculpture: a column with a cone placed on top, symbolising the pineal gland, the third eye, or the crown chakra. The sculpture is to be installed in mid-July. The donated water barrels were connected to the gutters during seva. At the ashram, the windows were cleaned and the grass under the walnut tree was mowed.

Garden, orchard, and vegetable garden – summer work

We would like to thank everyone for their *seva*, help, and commitment to the life of the ashram. It is the collective effort of many people that makes our ashram a space of harmony, peace, and spiritual practice.

Every contribution remains valuable, regardless of whether it was captured in photographs.

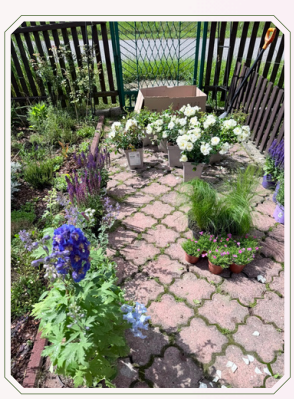








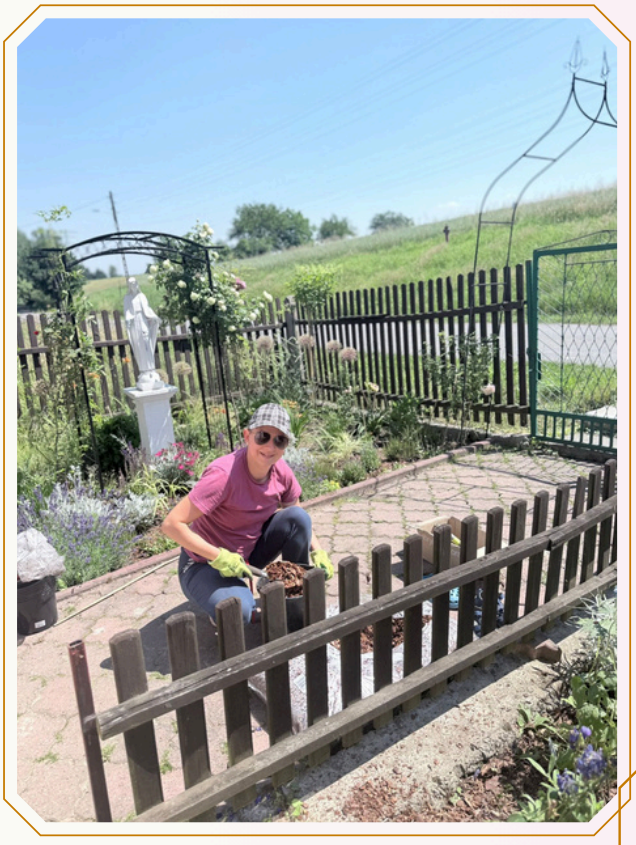








Garden, orchard, and vegetable garden – summer work



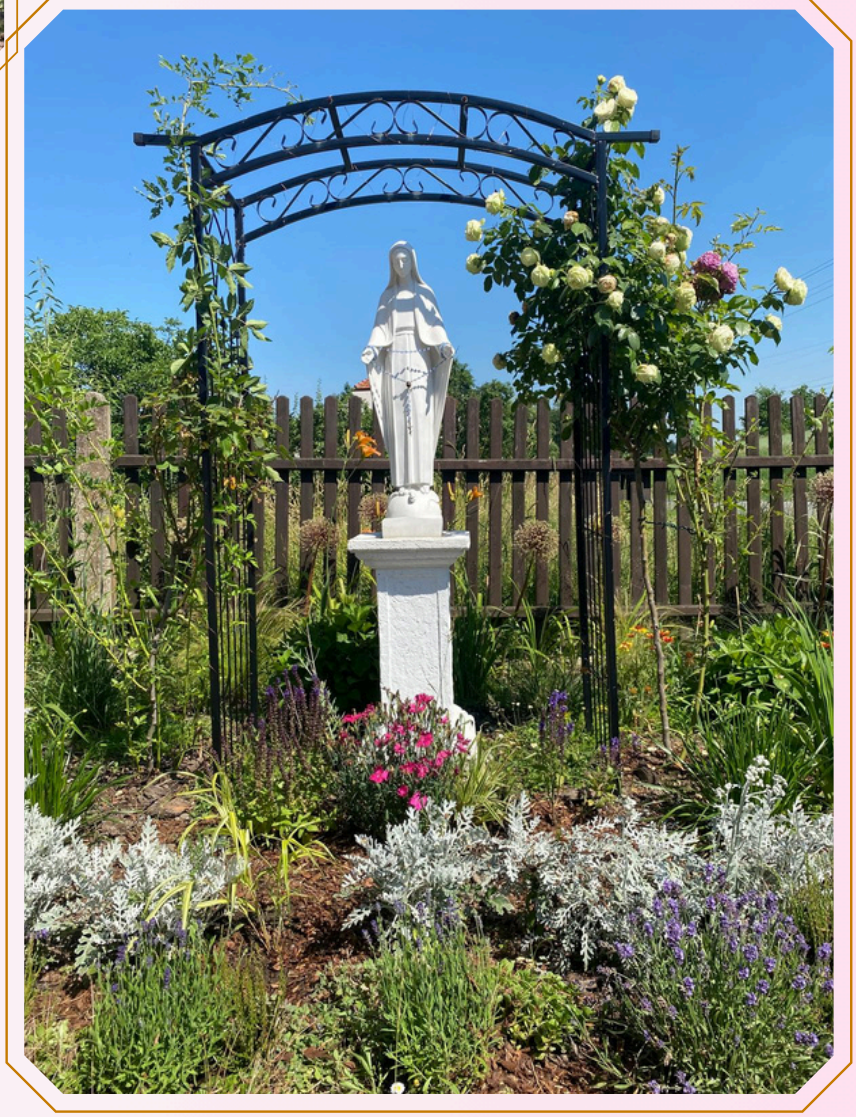


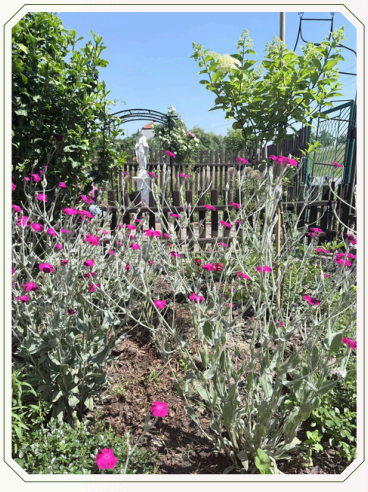












Garden, orchard, and vegetable garden – summer work





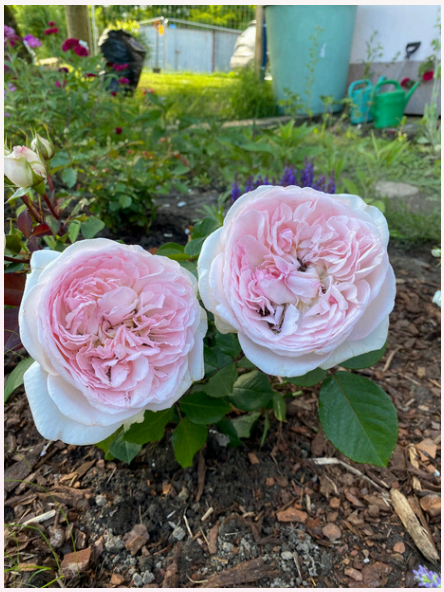


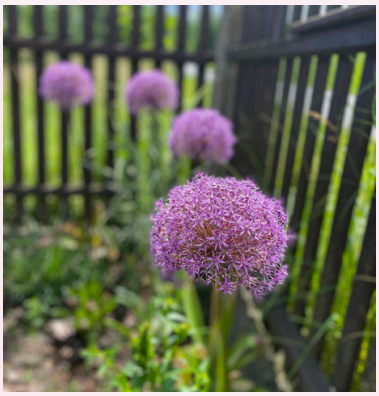
The following works were carried out in the orchard and vegetable garden:

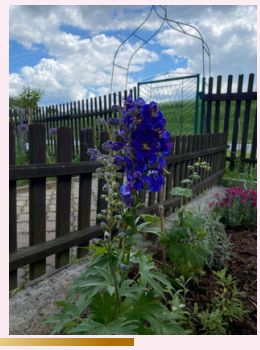
- the area was levelled,
- a green manure crop was sown,
- blackcurrants were planted,
- ninebarks and barberries were planted at the end of the orchard,
- around the vegetable garden fence, after preparing the area, planting arrangements were designed and various plants were planted,
- pwood chips were prepared for use under blueberries and junipers,
- the creation of a flower meadow in the orchard was started,
- weeds were removed from the vegetable-growing area, and marigolds, borage, mustard, and other plants were sown as catch crops,
- all trees were protected with mesh and additionally reinforced with strong posts so that animals could not lift the mesh,
- part of the compost was transported for use around vegetables and herbs.

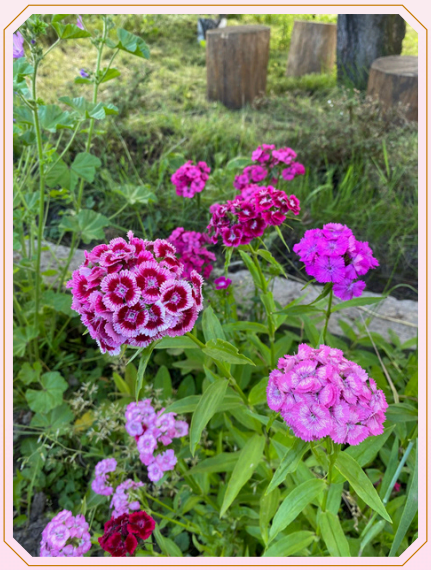
Welcome summer at the ashram

Summer has arrived at the ashram in full bloom — filled with the fragrance of roses, lavender, and fresh greenery. The garden has become a place of silence, gratitude, and mindful work, reminding us each day of our harmony with nature.
May this summer time bring everyone peace, lightness, and inner renewal.










Building at the ashram 2026









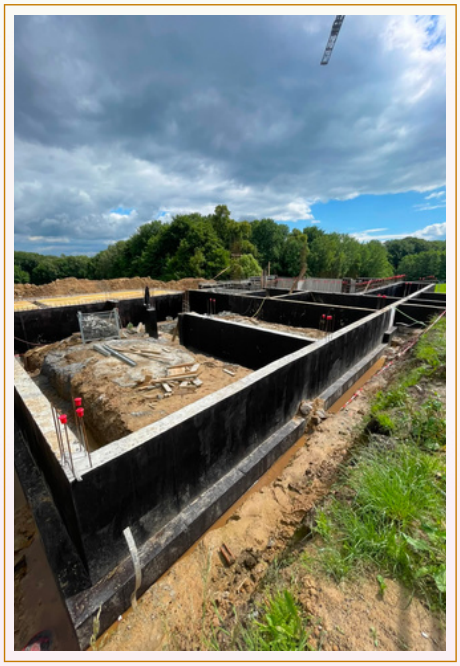
The construction work is moving forward steadily



The foundations, waterproofing of the foundations, and foundation walls with insulation and protection using dimpled membrane were completed. Two terrace slabs were also constructed, along with a utility room beneath the terrace. Drainage and underfloor sewage systems were installed around the building.

Building in the ashram 2026





In the near future, the backfilling inside the foundations with soil stabilisation will be carried out, followed by the ground-floor slabs and then the walls of the ground floor.









Guru Gayatri Mantra

om gurudevāya vidmahe
parabrahmaṇe dhīmahi
tanno guru pracodayā

Donations

Thank you for your generous donations!

Every gift brings joy and immediately finds its place. Thanks to you, the shelter receives practical, useful, and simply items that improve everyday life. We are glad that good flows to us so concretely — sometimes in a barrel, sometimes in a cabinet, and sometimes in biohumus!

1. Two bathroom cabinets
2. Water barrels
3. Biohumus (1.5 l)
4. 250 euro for garden needs



bathroom is already rejoicing



barrel is ready for every drop



small canister, great power

250 euro for garden needs — **thank you!**

Give away

Needed

If you would like to add your brick, the following are currently most useful:

1. Shovels
2. Hoes
3. Hoses for water connection
4. Edging for use in flower meadow
5. A fundraiser for the building's windows and doors has begun



Kriya Yoga Events in Poland



17-19 June 2026 Zakopane
Initiation programme
Yogacharya Nada Steinmann



27 August - 1 September 2026 Skawina



Retreat and Foundation Day celebrations (Puja)
Shri Paramahamsa Prajnanananda,
Swami Atmavidyananda, Rajrshi Peter Baba,
Yogacharya Claudia Cremers, Swami Karunananda,
Yogacharya Gerti Rieser, Yogacharya Michael Rieser



11-13 September 2026 Poznań
Initiation programme
Yogacharya Nada Steinmann



9-11 October 2026 Gdynia
Initiation programme
Swami Karunananda Giri



16-18 October 2026 Kraków
Initiation programme
Swami Karunananda Giri



6-8 November 2026 Katowice
Initiation programme
Yogacharya Ruud Wierdsma



4-6 December 2026 Warsaw
Initiation programme
Swami Chidrupananda Giri
Swami Prabhavananda Giri

CONTACT

Stowarzyszenie Kriya Yoga Polska
Ul. Garczyńskiego 13
31-524 Kraków
REGON: 360325447
NIP: 5342501133

Paiment details in **euro**
Bank account number: PL03 1140 2105 0000 5569 5400 1004
BREXPLPWMBK
Title: Donation to the Kriya Yoga Centre Poland
If you have any questions, please contact us: kontakt@kriya.pl

How to get to us?



KRAKÓW GŁÓWNY



~30 km
KMŁ Koleje Małopolskie



BRZEŹNICA



OR



~3,5 km

KRIYA YOGA CENTRE
TŁUCZAŃ
Gorki 69



You will be driven by Stanisław.
Monday–Saturday: cost 30 PLN (7 euro)
Sundays and public holidays:
50 PLN (12 euro)
Car: Dacia Lodgy
Passenger capacity:
6 passengers with hand luggage, or
4–5 passengers with large luggage.
Please book 1–2 hours in advance, or
preferably one day ahead.
Password: yoga
Stanisław's phone number:
+48 575 973 564



kriya.pl
kriya.org
kriya.eu
kriyayoga-meditatie.nl
prajnanamission.org

06.2026