



HARIHARANANDA GURUKULAM  
BALIGHAI, PURI, ORISSA, INDIA

5th Residential Brahmachari Training Course (RBTC-2009)  
November 26, 2009 to February 25, 2010

The Training Course will be held on the premises at Hariharananda Gurukulam in Balighai, Orissa, India.

The goal of the Brahmachari Training Course is to prepare the students for living a wholesome and integrated life through the practice of discipline, meditation, and moderation.

**Admission Details and Qualifications:**

1. Open to Indian and Foreign Nationals. Admitted applicants should be duly registered for the classes.
2. Age group 20 – 40 years
3. Preferably a graduate, a spiritual aspirant with a keen interest in the practice of Kriya Yoga, spiritual study, and yogic lifestyle.
4. Must be able to understand and converse in English.
5. Should be of sound health.
6. Must be initiated into Kriya Yoga, or willing to be initiated into Kriya Yoga, prior to starting the course.
7. Scope and Syllabus:
  - a. An outline of the philosophies of the East and West, a basic understanding of Sanskrit, an elaborate study of the Bhagavad Gita as a practical guide for spiritual life with reference to the Upanishads, the Bible, the Patanjali Yoga Sutra, and other yogic scriptures and Vedantic texts.
  - b. Practical: Kriya Yoga meditation (the science of breath control), discourses, group discussion, Question & Answer sessions, seva (service), and group activities.
8. The training course, accommodation, and meals will be free of charge. Simple vegetarian food will be provided.
9. Duly completed application form must be received by the 19th of July, 2009.

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