



Kriya Yoga Seminar

with



Swami Mangalananda Giri and Yogacharya Uschi Schmidtke 09<sup>th</sup> – 11<sup>th</sup> November 2012

Friday	09.11.12	18.00	Introductory lecture Meditation for all
Saturday	10.11.12	06.15	Meditation (CD) (only for initiated people)
		09.00	Initiation into Kriya Yoga Explanation of technique Meditation
		16.00	Explanation of technique, Meditation
		19.00	Meditation (optional)

Sunday	11.11.12	06.15	Meditation	
/		09.00	II. Kriya Meditation	
			(only for those initiated in 2. Kriya)	
		10.30	Meditation	
			Question & Answer	
		14.30	Video of Paramahamsa	
			Hariharananda or Prajnanananda	
		16.00	Meditation	
		19.00	Meditation (CD), optional	
Only initiated persons are allowed to attend the Kriva Yoga Meditations				

Initiation into the authentic Kriya Yoga: **Saturday 10<sup>th</sup> November 2012** New initiates should participate for at least three meditations in order to reinforce their meditation technique.

## For the initiation you need:

Five flowers as a symbol of the five sense organs, five fruits as a symbol of all experiences and a donation of € 150,- as a symbol of the physical, astral and causal bodies.

Please bring blankets and cushions. Loose and comfortable clothing is recommended.

Seminar fee € 25 / Friday entrance free We can give a special discount to students and people with low income. Feel free to contact us any time. Accommodation in the Kriya Yoga Centre available. Vegetarian cuisine. Mealtimes: after the morning, noon and evening meditation.



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