



Christmas and New Year Seminar with



Swami Mangalananda Giri and Yogacharya Uschi Schmidtke

24th December 2012 - 01st January 2013

Monday	24.12.12	20.30am	Christmas Meditation	Saturday	29.12.12	06.45am	Silent Meditation
Tuesday	25.12.12	06.45am	Silent Meditation			09.00am	Initiation into Kriya Yoga,
		09.30am	II. Kriya (only those initiated in 2. Kriya)				Explanation of technique
		11.30am	Meditation			04.00pm	Explanation of Technique
		03.00pm	Video of P. Hariharananda or P. Prajnanananda			07.00pm	Meditation
		04.30pm	Question & Answer	Sunday	30.12.12	06.45am	Meditation
		07.00pm	Meditation				II. Kriya (only those initiated in 2. Kriya)
Wednesday	26.12.12	06.45am	Meditation			11.30am	Meditation
		09.00am	Silent Forest Walk			03.00pm	Video of P. Hariharananda or P. Prajnanananda
		11.45am	Meditation			04.15pm	Question & Answer
		03.00pm	Video of P. Hariharananda or P. Prajnanananda			07.00pm	Meditation
		04.30pm	Question & Answer	Monday	31.12.12	06.45am	Meditation
		07.00pm	Meditation			11.30am	Meditation
Thursday	27.12.12		as 25.12.2012			04.30pm	Satsang
Friday	28.12.12	06.45am	Meditation			08.30pm	New Years Meditation
		09.00am	Silent Forest Walk	Tuesday	01.01.13	06.45am	Silent Meditation
		11.45am	Meditation			10.30am	Silent forest walk
		03.00pm	Video of P. Hariharananda or P. Prajnanananda			11.30am	Meditation
		06.00pm	Introductory lecture				
			Meditation for all				

Only initiated persons are allowed to attend the Kriya Yoga Meditations!

*Initiation into the authentic Kriya Yoga: **Saturday 29th December 2012***

(Initiations are also available on request on 24th December 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.

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.