



Kriya Yoga Seminar with



Yogacharya Uschi Schmidtke

22nd – 24th February 2013

Friday	22.02.13	18.00	Introductory lecture Meditation for all
Saturday	23.02.13	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	24.02.13	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 initiat	ed nersons a	re allowed	to attend the Kriva Yoga Meditations

Initiation into the authentic Kriya Yoga: Saturday 23rd February 2013

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.

Weekend seminar fee \in 110,- (including board and lodge) Weekend seminar fee \in 85,- (including board only) We can give a special discount to students and people with low income. Feel free to contact us any time.

Vegetarian cuisine.

Mealtimes: after the morning, noon and evening meditation.



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