



## Kriya Yoga Seminar

with





Swami Mangalananda Giri and Yogacharya Uschi Schmidtke

26<sup>th</sup>-28<sup>nd</sup> July 2013

Friday 26.07.13 **18.30 Introductory Lecture**Saturday 27.07.13 **09.00 Initiation into Kriya Yoga Explanation of technique**16.00 Explanation of technique Meditation
19.00 Meditation

Sunday 28.07.13 06.30 Meditation
10.30 Meditation
Question & Answer

15.00 Meditation
Video of Paramahamsa
Hariharananda / Prajnanananda

Only initiated persons are allowed
to attend the Kriya Yoga Meditations

Initiation into the authentic Kriya Yoga: **Saturday 27st July 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.

