



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

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

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

Vegetarian cuisine.

Mealtimes: after the morning, noon and evening meditation.



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