

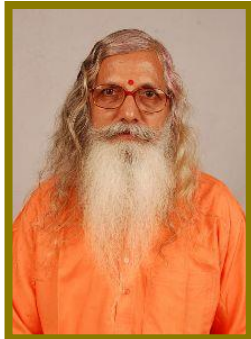


## 1. Kriya Retreat, May 1-5, 2013



**with Swami Samarpanananda Giri**

Swami Mangalananda Giri, Yogacharya Uschi Schmidtke,  
Yogacharya Petra Helwig and Yogacharya Claudia Cremers



### May 1, 2013 18:00 Vortrag über Kriya Yoga / Introductory Lecture

May 2, 2013	May 3-4, 2013	May 5, 2013
06:00 Meditation <small>(nur für Eingeweihte in den 1. Kriya) (only for those initiated into 1st Kriya)</small>	06:00 Meditation	06:00 Meditation
07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up
<b>09:00 Einweihung in den authentischen Kriya Yoga, Meditation Initiation into Kriya Yoga Meditation</b>	<b>10 -11.00 Fragen &amp; Antworten Question &amp; Answer</b>	<b>10 -11.00 Vortrag/Lecture or Fragen &amp; Antworten Question &amp; Answer</b>
13:00 Mittagessen / Lunch Abwasch / Clean up	11:30 Meditation	08:00 Seva
16:00 Explanation of technique Erklärung der Technik Meditation	13:00 Mittagessen / Lunch Abwasch / Clean up	11:30 Meditation
<b>18-19.00 Vortrag /Lecture</b>	15:00 Video mit/of P. Hariharananda oder/or P. Prajnanananda	13:00 Mittagessen / Lunch Abwasch / Clean up
19:30 Meditation	16:15 Meditation	15:00 Video mit/of P. Hariharananda oder/or P. Prajnanananda
20.30 Abendessen / Dinner Abwasch / Clean up	<b>18-19.00 Vortrag /Lecture</b>	16:15 Meditation
	19:30 Meditation	19:00 Meditation (CD)
	20.30 Abendessen / Dinner Abwasch / Clean up	20.30 Abendessen / Dinner Abwasch / Clean up

## **Retreat Informationen:**

Accommodation at the Kriya Yoga Centre available.  
(more bedded rooms / dormitory)

Vegetarian cuisine.  
Mealtimes: after the morning, noon and evening meditation.

Only initiated persons are allowed to attend the Kriya Yoga Meditations.  
New initiates should participate for at least three meditations in order to reinforce their meditation technique.  
All initiates can chose to attend only individual specific parts of the programme.

### **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.

## **Payment:**

Payments are due in advance before the seminar and we have 2 price options:

- a) € 52,50 per day, which include the seminar, the over-night stay at the ashram and all meals or
- b) € 40,- per day, which include the seminar and all meals only

In the event of a cancellation there is a non-refundable fee of 10% (max. € 15,-)

You can pay for the whole seminar either by credit card or by wire transfer and you will then receive a receipt for the payments made.

To register, please follow the instructions on the 1st Kriya Retreat event page:

[http://kriya.org/calendar\\_\\_event.php?id=1947](http://kriya.org/calendar__event.php?id=1947)

*Concessions available on request*

*For any other requirement and/or exception to the general rules and guidelines, please contact us.*



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