



Christmas and New Year Seminar with





Swami Mangalananda Giri and Yogacharya Uschi Schmidtke 24th December 2013 - 01st January 2014

Tuesday	24.12.13	20.30am	Christmas Meditation			04.00pm 08.00pm	Meditation Class/Satsang*
Wednesday	25.12.13	06.30am 09.00am 11.45am	Silent Meditation Silent Forest Walk Meditation Video of P. Hariharananda	Sunday	29.12.13	06.30am 09.00am	Meditation II. Kriya (only those initiated in 2. Kriya)
		03.30pm	or P. Prajnanananda			10.45am	Meditation followed by Question and answers
		05.00pm 08.00pm	Meditation Class/Satsang*			03.00pm	Video of P. Hariharananda or P. Prajnanananda
Thursday	26.12.13	06.30am	Meditation Meditation,			05.00pm	Meditation
-afternoon		10.30am	followed by II. Kriya See 25.12.	Monday	30.12.13		See 25.12.
			See 23.12.	Tuesday	31.12.13	06.30am	Meditation
Friday	27.12.13	06.30am 10.30am	Meditation Meditation,	,		10.30am	Meditation, followed by II. Kriya
		03.30pm	followed by II. Kriya Meditation			03.30pm	Video of P. Hariharananda or P. Prajnanananda
		06.30pm	Introductory lecture Meditation for all			05.00pm 08.30pm	Class/ Satsang New Years Meditation
Saturday	28.12.13	06.30am 09.00am	Silent Meditation Initiation into Kriya Yoga, Explanation of technique and Meditation	Wednesday	01.01.14	06.30am 09.00am 11.45am	Silent Meditation Silent forest walk Meditation

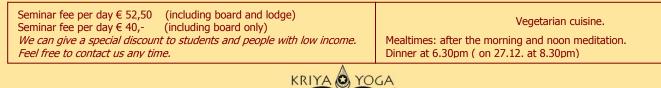
Only initiated persons are allowed to attend the Kriya Yoga Meditations!

Initiation into the authentic Kriya Yoga: **Saturday 28th December 2013** (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 \in 150,- as a symbol of the physical, astral and causal bodies.

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



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