



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	Meditation
Wednesday	25.12.13	06.30am	Silent Meditation		08.00pm	Class/Satsang*
		09.00am	Silent Forest Walk		06.30am	Meditation
		11.45am	Meditation		09.00am	II. Kriya (only those initiated in 2. Kriya)
		03.30pm	Video of P. Hariharananda or P. Prajnanananda		10.45am	Meditation followed by Question and answers
		05.00pm	Meditation		03.00pm	Video of P. Hariharananda or P. Prajnanananda
		08.00pm	Class/Satsang*		05.00pm	Meditation
Thursday	26.12.13	06.30am	Meditation			
-afternoon		10.30am	Meditation, followed by II. Kriya			
			See 25.12.	Monday	30.12.13	See 25.12.
Friday	27.12.13	06.30am	Meditation	Tuesday	31.12.13	06.30am
		10.30am	Meditation, followed by II. Kriya		10.30am	Meditation, followed by II. Kriya
		03.30pm	Meditation		03.30pm	Video of P. Hariharananda or P. Prajnanananda
		06.30pm	Introductory lecture		05.00pm	Class/ Satsang
			Meditation for all		08.30pm	New Years Meditation
Saturday	28.12.13	06.30am	Silent Meditation	Wednesday	01.01.14	06.30am
		09.00am	Initiation into Kriya Yoga , Explanation of technique and Meditation		09.00am	Silent forest walk
					11.45am	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 € 150,- as a symbol of the physical, astral and causal bodies.

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

Seminar fee per day € 52,50 (including board and lodge)
 Seminar fee per day € 40,- (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 and noon meditation.
 Dinner at 6.30pm (on 27.12. at 8.30pm)