KRIYA YOGA

Kriya Yoga Seminar

with

Yogacharya Uschi Schmidtke

31st January –02nd February 2014

Friday	31.01.14	**18.30**	**Introductory Lecture**
Saturday	01.02.14	**09.00**	**Initiation into Kriya Yoga** **Explanation of technique**
		16.00	Explanation of technique Meditation
		19.00	Meditation

Sunday	02.02.14	06.30	Meditation
		10.30	Meditation Question & Answer
		15.00	Meditation
		16.00	Video of Paramahamsa Hariharananda / Prajnanananda

Only initiated persons are allowed to attend the Kriya Yoga Meditations

Initiation into the authentic Kriya Yoga: ***Saturday 01st January 2014***
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 € 110,- (including board and lodge)
Weekend seminar fee € 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.
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