



Kriya Yoga Seminar



Yogacharya Uschi Schmidtke

14th - 16th March 2014

Friday 14.03.14 **18.30 Introductory Lecture**Saturday 15.03.14 **09.00 Initiation into Kriya Yoga Explanation of technique**16.00 Explanation of technique Meditation
19.00 Meditation

Sunday 16.03.14 06.30 Meditation
10.30 Meditation
Question & Answer

15.00 Meditation
Video of Paramahamsa
Hariharananda / Prajnanananda

Only initiated persons are allowed
to attend the Kriya Yoga Meditations

Initiation into the authentic Kriya Yoga: **Saturday 15th March 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

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.

