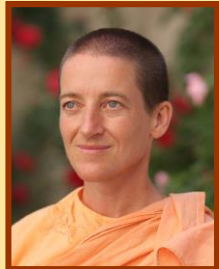




Christmas and New Year Seminar with



Swami Mangalananda Giri and Yogacharya Uschi Schmidtke 24th December 2014 - 01st January 2015

Wednesday	24.12.14	20.30am	Christmas Meditation	Sunday	28.12.14	06.30am	Meditation
Thursday	25.12.14	06.30am	Silent Meditation			09.00am	II. Kriya (only those initiated in 2. Kriya)
		09.00am	Silent Forest Walk			10.45am	Meditation followed by Question and answers
		11.45am	Meditation			03.00pm	Video of P. Hariharananda or P. Prajnanananda
		03.30pm	Video of P. Hariharananda or P. Prajnanananda			05.00pm	Meditation
		05.00pm	Meditation	Monday	29.12.14		See 25.12.
		08.00pm	Class/Satsang*	Tuesday	30.12.14	06.30am	Meditation
Friday	26.12.14	06.30am	Meditation			10.30am	Meditation, followed by II. Kriya
		10.30am	Meditation, followed by II. Kriya			afternoon	see 25.12.
		03.30pm	Meditation	Wednesday	31.12.14	06.30am	Meditation
		06.30pm	Introductory lecture			10.30am	Meditation, followed by II. Kriya
			Meditation for all			03.30pm	Video of P. Hariharananda or P. Prajnanananda
Saturday	27.12.14	06.30am	Silent Meditation			05.00pm	Class/ Satsang
		09.00am	Initiation into Kriya Yoga , Explanation of technique and Meditation			08.30pm	New Years Meditation
		04.00pm	Meditation	Thursday	01.01.15	06.30am	Silent Meditation
		08.00pm	Class/Satsang*			09.00am	Silent Forest Walk
						11.45am	Meditation

*Satsang: i.e. chanting, teachings, little story or question and answer

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

Initiation into the authentic Kriya Yoga: **Saturday 27th December 2014**

(Initiations are also available on request on 24th December 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.

Seminar fee per day € 55,00 (including board and lodge)
 Seminar fee per day € 42,50 (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 26.12. at 8.30pm)