



Seminar  
**Kriya Yoga**  
in Tuscany  
12-13-14 June 2015  
Colle di Val d'Elsa, Siena  
Italy



Kriya Yoga program with  
Yogacharya Petra Helwig  
an authorized teacher by  
Paramahansa Prajnanananda  
the current leader of  
"Kriya Yoga International Organisation"  
founded by  
Paramahansa Hariharananda  
a direct disciple of  
Swami Shri Yuktishwar  
from the lineage of  
Mahavatar Babaji Maharaji and  
Lahiri Mahasaya



*Yogacharya Petra Helwig*



## Program:

Friday 12	19.00 to 20.30	Introduction of Kriya Yoga philosophy (lecture is free)
Saturday 13	09.00 ±13.00 17.00- 18.00 18.00- 19.00	Initiation. Lunch break. Explanation of the technique. Meditation.
Sunday 14	09.00- 10.15 10.30- 11.30 11.30- 12.30 ±12.30 15.00- 16.00	Meditation for 2 <sup>nd</sup> Kriya initiates. Questions and answers. Meditation. Lunch break. Meditation.

Meditation and technique classes are only for initiates in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.



## Initiation:

People who wish to learn Kriya Yoga must first receive initiation from an authorized teacher of Paramahansa Prajnanananda.

During the initiation ceremony the body, spine, and senses are purified. Then there is infusion of the triple divine qualities of light, sound, and vibration.

Please bring the following offerings to the initiation:

- Five fruit represents fruitful activities throughout life.
- Five flowers represents the five senses.
- Donation of €150,00 represents the physical body.

After the initiation ceremony, the first level of the Kriya Yoga technique will be taught. New initiates must attend at least three meditation classes during this program, which will help them learn and integrate the techniques.

Please bring a blanket, cushion and socks. Loose, comfortable clothing is recommended.

Please arrive at least 15 minutes before initiation and meditation classes start.

Mobile phones must be switched off during the initiation and classes.





Directly after the Kriya Yoga retreat in Assisi there is the opportunity to join the Kriya Yoga weekend in Siena, surrounded by enchanting landscapes.

Staying here longer, gives you the possibility of visiting some of the most charming places in Tuscany.

Admire medieval villages such as San Gimignano, Monteriggioni and Volterra.

Pray in sanctuaries like St. Galgano, where "the sword in the stone" is kept or in St. Lucchese, where St. Francis founded the "Tertiary Franciscan Order".

Walk down one of the most beautiful pathways of the ancient pilgrim route; "the Francigena way". This old road from the middle ages, still leads pilgrims from central Europe to St. Peter's tomb in Rome.

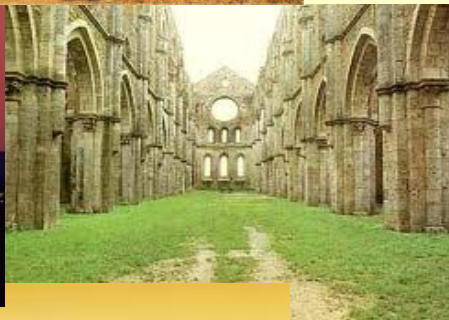
The seminar will take place in an ancient building in the fascinating and quiet village Colle Dal d'Elsa.

A good vegetarian buffet will be provided at €10 per meal.

Alternatively, you can choose between various restaurants in the village.

For accommodation one can pick anything from a cheap pilgrim hotel to a luxurious spa.

A list of accommodation will be sent on request.





[www.kriya.org](http://www.kriya.org)

[www.kriya.eu](http://www.kriya.eu)



### Info & Registration:

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Kriya Yoga group Siena

E-mail: [paolo.candida@yahoo.it](mailto:paolo.candida@yahoo.it)  
Telephone number: 0039 3662084004

A list of accommodation will be sent on request.

### Location:

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"Associazione donne di castello"  
Colle di val d'elsa  
via delle romite n°9  
Siena

### Donations for the program:

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Minimum seminar fee

Half day	€10
Full day	€20
Whole seminar	€40

New initiates need not pay seminar fees.

