

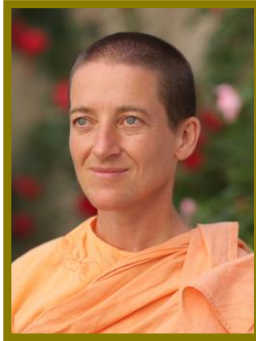
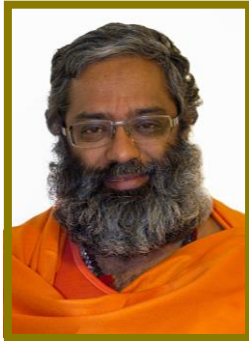


# 1. Kriya Retreat, April 29 – May 3, 2015

**with Swami Achalananda Giri**



Swami Mangalananda Giri, Yogacharya Uschi Schmidtke,  
Yogacharya Petra Helwig and Yogacharya Claudia Cremers



April 29, 2015	April 30, 2015	May 1, 2015
06:00 Meditation	06:00 Meditation	06:00 Meditation <small>(nur für Eingeweihte in den 1. Kriya) (only for those initiated into 1st Kriya)</small>
07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up
11:30 Meditation	08:00 Seva *	
13:00 Mittagessen / Lunch Abwasch / Clean up	<b>10 -11.00 Fragen &amp; Antworten Question &amp; Answer</b>	<b>09:00 Einweihung in den authentischen Kriya Yoga, Meditation Initiation into Kriya Yoga Meditation</b>
15.30 Video mit/of P. Hariharananda oder/or P. Prajnanananda	11:30 Meditation	
<b>17-18.00 Vortrag /Lecture</b>	13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up
18:30 Meditation	15.30 Video mit/of P. Hariharananda oder/or P. Prajnanananda	15:30 Erklärung der Technik Explanation of technique
20.00 Abendessen / Dinner Abwasch / Clean up	16:30 Meditation	<b>17-18.00 Vortrag /Lecture</b>
	<b>18.30 Vortrag über Kriya Yoga Introductory Lecture</b>	18:30 Meditation
	20.00 Abendessen / Dinner Abwasch / Clean up	20.00 Abendessen / Dinner Abwasch / Clean up

<b>May 2, 2015</b>	<b>May 3, 2015</b>
06:00 Meditation	06:00 Meditation
07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up
08:00 Seva *	08:00 Seva *
<b>10 -11.00 Fragen &amp; Antworten Question &amp; Answer</b>	<b>10 -11.00 Fragen &amp; Antworten Question &amp; Answer</b>
11:30 Meditation	11:30 Meditation
13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up
<b>15.30 Charity Concert Bhajans for Balashram</b>	15.30 Video mit/of P. Hariharananda oder/or P. Prajnanananda
<b>17-18.00 Vortrag /Lecture</b>	<b>17-18.00 Vortrag /Lecture</b>
18:30 Meditation	18:30 Meditation
20.00 Abendessen / Dinner Abwasch / Clean up	20.00 Abendessen / Dinner Abwasch / Clean up

### **Retreat Informationen:**

Accommodation at the Kriya Yoga Centre available. (more bedded rooms / dormitory)	Vegetarian cuisine. Mealtimes: after the morning, noon and evening meditation.
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<p>Only initiated persons are allowed to attend the Kriya Yoga Meditations. New initiates should participate for at least three meditations in order to reinforce their meditation technique. All initiates can chose to attend only individual specific parts of the programme.</p> <p><b><u>For the initiation you need:</u></b></p> <p>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.</p> <p>Please bring blankets and cushions. Loose and comfortable clothing is recommended.</p>
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**Registration:**

For registration please send us an email including: date / time of arrival / departure and if you need accommodation at the Centre.

**Payment:**

Payments are due in advance before the seminar and we have 2 price options:

- a) € 64,- per day, which include the seminar, the over-night stay at the ashram and all meals or
- b) € 51,- per day, which include the seminar and all meals only

In the event of a cancellation there is a non-refundable fee of 10% (max. € 15,-)

**After registration and confirming your seminar contribution, please transfer the indicated amount to the following account:**

**Bank data Austria:**

receiver: Kriya Yoga Zentrum Wien

reference: 1st Kriya Seminar 2015

Bank name: BAWAGPSK

IBAN: AT 36 6000 0000 74201787

BIC: OPSKATWWXXX

Bank address: A-1018 Wien, Georg Cochplatz 2, Austria

*Concessions available on request*

*For any other requirement and/or exception to the general rules and guidelines, please contact us.*

*and/or exception to the general rules and guidelines, please contact us.*



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