



Kriya Yoga Seminar

with



Yogacharya Uschi Schmidtke **30th January – 01**st **February 2015**

Friday	30.01.15	18.30	Introductory Lecture
Saturday	31.01.15	09.00	Initiation into Kriya Yoga Explanation of technique
		16.00	Explanation of technique Meditation
		19.00	Meditation

Sunday	01.02.15	06.30	Meditation
· · ·		09.30	Meditation
			Question & Answer
		14.30	Meditation
		15.30	Video of Paramahamsa
			Hariharananda / Prajnanananda

Only initiated persons are allowed to attend the Kriya Yoga Meditations

Initiation into the authentic Kriya Yoga: **Saturday 31st January 2015** 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 \in 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 \in 116,- (including board and lodge) Weekend seminar fee \in 90,- (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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