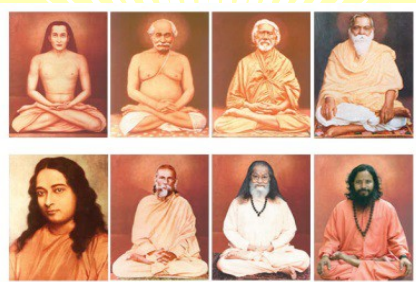


Lineage of Masters



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 Yukteshwar
from the lineage of
Mahavatar Babaji Maharaji and
Lahiri Mahasaya



Yogacharya Petra Helwig



www.kriya.org
www.kriya.eu



Info & Registration:

Kriya Yoga group Siena

E-mail: paolo.candida@yahoo.it
Telephone number: 0039 3662084004

A list of accommodation will be sent on request.

Location:

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

Donations for the program:

Minimum seminar fee

Half day	€ 10,00
Full day	€ 20,00
Whole seminar	€ 40,00

New initiates need not pay
seminar fees.



Seminar

Kriya Yoga in Tuscany

12-13-14 June 2015
Colle di Val d'Elsa,
Siena

Italy



Program:

Friday 12

19.00 to 20.30 Introduction of
Kriya Yoga philosophy
(lecture is free).

Saturday 13

09.00 Initiation.
±13.00 Lunch break.
17.00- 18.00 Explanation of the technique.
18.00- 19.00 Meditation.

Sunday 14

09.00- 10.15 Meditation for
2nd Kriya initiates
10.30- 11.30 Questions and answers.
11.30- 12.30 Meditation.
±12.30 Lunch break.
15.00- 16.00 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
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 or 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 Val 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.

