

Kindly invite you to Kriya Yoga Seminar in Warsaw 11-13 September 2015



with Swami Atmavidyananda Giri & Yogacharya Petra Helwig

Preliminary program

Friday 11.09.2015	Saturday 12.09.2015	Sunday 13.09.2015
18:00-19:30 Open Lecture; Introduction to KY	8:00-8:45 Registration	8:00-10:30 Meditation KY II
	9:00-13:00 Initiation	10:45-12:00 Meditation KY I
		12:00-13:00 Q&A explanation of Techn.
	13:00-15:00 Break	13:00-15:00 Break
	15:00-17:00 Explanation of Techn.	15:00-16:00 Lecture
	17:00-18:00 Meditation KY I	16:00-17:00 Meditation KY I

Cost of attendance in the whole program is PLN150

Cost of attending one day is PLN100

Cost of attending whole program for newly initiated is PLN100

During breaks simple lunch will be served (optional) PLN15 per day

Please bring your own mats, blankets and pillows for the meditation.

We also kindly ask you to arrive 15 minutes before each part of the program.

Adres of the Seminar:

XV Liceum Ogólnokształcące im. Narcyzy Żmichowskiej
Klonowa Street **no.16**
Warszawa

Kontakt:

[Tel:691 709 305](tel:691709305)

Email: kriyayogawarszawa@kriya.pl

How to get there by public transport:

Stop PL.Unii Lubelskiej

Tram lines 4,10,14,18,35

Bus lines: 131, 138, 222, 501, 519, 522

Metro stops at „Politechnika”

