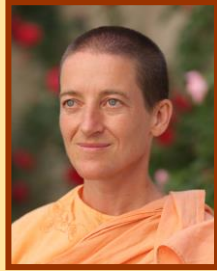




Christmas and New Year Seminar with



Swami Mangalananda Giri and Yogacharya Uschi Schmidtke 24th December 2015 - 01st January 2016

Thursday	24.12.15	20.30pm	Christmas Meditation	Monday	28.12.15	06.30am	Meditation
Friday	25.12.15	06.30am	Silent Meditation			09.00am	Silent Forest Walk
		09.00am	Silent Forest Walk			11.45am	Meditation
		11.45am	Meditation			03.30pm	Video of P. Hariharananda or P. Prajnanananda
		03.30pm	Meditation			05.00pm	Meditation
		06.30pm	Introductory lecture			08.00pm	Class/Satsang*
			Meditation for all	Tuesday	29.12.15	06.30am	Meditation
Saturday	26.12.15	06.30am	Meditation			10.30am	Meditation, followed by II. Kriya
		09.00am	Initiation into Kriya Yoga,			03.30pm	Video of P. Hariharananda or P. Prajnanananda
		04.00pm	Explanation of technique and Meditation			05.00pm	Meditation
		08.00pm	Class/Satsang*			08.00pm	Class/Satsang*
Sunday	27.12.15	06.30am	Meditation	Wednesday	30.12.15		<i>See 29th December</i>
		09.00am	II. Kriya (only those initiated in 2. Kriya)	Thursday	31.12.15	06.30am	Meditation
		11.00am	Meditation followed by Question and answers			11.00am	Meditation,
		03.30pm	Video of P. Hariharananda or P. Prajnanananda			03.30pm	Video of P. Hariharananda or P. Prajnanananda
		05.00pm	Meditation			05.00pm	Class/ Satsang
		08.00pm	Class/Satsang*			08.30pm	New Years Meditation
				Friday	01.01.16	06.30am	Silent Meditation
						09.00am	Silent Forest Walk
						11.45am	Meditation

*Satsang: i.e. chanting, teachings, little story or question and answer

Only initiated persons are allowed to attend the Kriya Yoga Meditations!

*Initiation into the authentic Kriya Yoga: **Saturday 26th December 2015***

(Initiations are also available on request on 24th December 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 € 150,- as a symbol of the physical, astral and causal bodies.

Please bring blankets and cushions. Loose and comfortable clothing is recommended.

Seminar fee per day € 58,00 (including board and lodge)
 Seminar fee per day € 45,00 (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 and noon meditation.
 Dinner at 6.30pm (on 25.12. at 8.30pm)