



Kriya Yoga Seminar



Yogacharya Uschi Schmidtke **26th- 28th February 2016**

Friday 26.02.16 18.30 Introductory Lecture

Saturday 27.02.16 09.00 Initiation into Kriya Yoga **Explanation of technique**

Explanation of technique 16.00 Meditation

19.00 Meditation Sunday 28.02.16 06.30 Meditation

10.00 Meditation

Question & Answer

15.00 Meditation

Video of Paramahamsa 16.00

Hariharananda / Prajnanananda

Only initiated persons are allowed to attend the Kriya Yoga Meditations

Initiation into the authentic Kriya Yoga: Saturday 27th February 2016 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 € 116,- (including board and lodge) Weekend seminar fee € 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. (7:30am, 1:00pm, 8:30pm)

Registration under: www.kriya.org/registration

