



*Original Kriya Yoga of Babaji, Lahiri Mahasaya, Shriyukteshwar, Paramahansa Yogananda,
Paramahansa Hariharananda and Paramahansa Prajnanananda*



Yogacharya Claudia Cremers



Swami Achalananda Giri

RETREAT IN PONTGOUIN

Close to Chartres

From 27th April to 1st May 2016





Welcome Reception: Wednesday, April 27, 2016 at 17h
End of Retreat: Sunday, May 01st, 2016 after lunch.

Prices:

- ◆ 280 euros in room
 - ◆ 240 euros in tent
(flat fee - cannot be divided to the day)
- Full-board stay - Accommodation included**
Payment in cash only -
cf. registration form page 4)
- 4 meditations per day, 1st and 2nd Kriya**
3 vegetarian meals per day included
1st Kriya initiation possible

All attendees are responsible for making their own travel arrangements .

Caution : bed sheets and pillow case are not provided, each attendee will need to bring its own

Located at 25 km from Chartres and 120 km from South-West Paris, this old seigniorial manor whose construction goes back to the 13th century, this exceptional place consists of a homestead, of a large park, fields and of three lakes.

The whole represents nearly 3000 m² covered on 6 hectares of ground. Since 2002, this place is an official ashram of Amma in France and a model ecological site.



Under the loving guidance of two advanced teachers, long-standing disciples of Paramahansa Hariharananda and Paramahansa Prajñanananda, this retreat in a beautiful, calm and inspiring place, surrounded by nature.





Transportation

Several means of transport are at your disposal from PARIS
(FRANCE)

Address of arrival :

Amma Center —La Ferme du Plessis 28190 Pontgouin –
FRANCE

How to go to Amma Center?

La Ferme du Plessis is located at Pontgouin, at 20km West of Chartres and 1h30 far from Paris. While coming from Courville sur Eure, the farm is 150 m by taking a small street on your right in a left-turn before the entry in Pontgouin.

Trains leave regularly from Paris and Le Mans – stop: station of Courville sur Eure. Duration of travel : 1h15 from Montparnasse Station (Paris). A shuttle can pick you up at Courville sur Eure (financial participation of 4 euros per way).

Ride sharing

If you intend to go by car to the 2016 Kriya Yoga Spring Retreat, have available seat(s) in your car and wish to share the ride with passengers, think of announcing us your availabilities. We will bring kriyavans together. Ride sharing is a good way to share both the way and the travel expenses.





Agenda



On the programme :

4 meditations per day

2 meditations 2nd Kriya (only for those initiated in second kriya)

In a spiritual place located in nature



	Wednesday	Thursday	Friday	Saturday	Sunday
6h30 - 08h00		Meditation	Meditation	Meditation	Meditation
8h00 - 8h30		<i>Breakfast in silence</i>	<i>Breakfast in silence</i>	<i>Breakfast in silence</i>	<i>Breakfast in silence</i>
9h15 -10h15		Teachings	Teachings	Initiation 1 st Kriya (*)	Teachings
10h45 - 11h15		Meditation K1 et K2	Meditation K1 et K2		Meditation
11h15 - 12h15					
12h30 - 13h15		<i>lunch in silence</i>	<i>lunch in silence</i>	<i>lunch in silence</i>	<i>lunch</i>
14h00 -16h00		Seva (voluntary) or free time	Seva (voluntary) or free time	Seva (voluntary) or free time	Cleaning of the Centre
16h - 17h00				Explanations of the technics - Q/	
17h00 - 18h00	Welcome Reception from 17h00	Meditation	Meditation	Meditation	
18h00 - 19h00					
19h00 - 20h00	Meditation	Meditation	Meditation	Meditation	
20h00	<i>dîner</i>	<i>dîner</i>	<i>dîner</i>	<i>dîner</i>	
20h30 - 22h30	Evening free	Evening free	Evening free	Evening free	

(*) 1st Kriya initiation is possible either on Thursday morning or Saturday morning



Terms of enrolment

Space on this retreat is limited to forty kriyavans in rooms and applications are now being accepted on a first come first served basis. Successful applicants will be notified.

To register, please fill the fields below and send your registration form accompanied with a down payment (*) of 80 euros to :

IKY/Caroline Robaglia

Esc C Bât B

1 rue du 24 août

92350 Le Plessis Robinson

FRANCE

Email : institkriya@yahoo.fr

Contact : Caroline Robaglia : mobile +33 (0)6 20 94 64 42

(*) Down payment can be done by wire transfer (please contact institkriya@yahoo.fr for information on bank account number).

Down payment will confirm your registration and will not be redeemable in case of cancellation.

I, the undersigned hereby certify that I would like to :		Name :	First name :
attend the retreat at La Ferme du Plessis (France) from 27 th /04 au 1 st /05/2016			
Adress :			
Post Code :			
City :			
telephone n° :		Tick the box	
email :	Name of Bank		Date of transfer
I make a wire transfer of 80€ for registration			
I would like to be initiated to 1 st kriya			
I can offer a ride (number of seats – date and place of departure)			
I would like to find a ride			
Signature :			