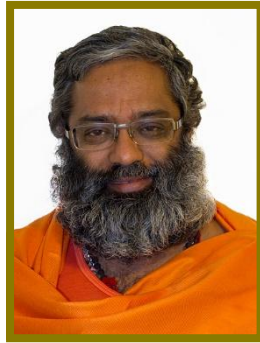


1st Kriya Yoga Retreat, 2nd – 7th June 2016,

with Swami Achalananda Giri,

Rajarshi Peter van Breukelen, Swami Mangalananda Giri,

Yogacharyas Claudia Cremers, Petra Helwig and Uschi Schmidtke



June 2, 2016	June 3, 2016	June 4, 2016
	05:45 Chanten / Chanting	05:45 Chanten / Chanting
	06:00 Meditation	06:00 Meditation <small>(nur für Eingeweihte in den 1. Kriya) (only for those initiated into 1st Kriya)</small>
	07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up
	08:00 Seva *	
	10 -11:00 Vortrag /Lecture	09:00 Einweihung in den authentischen Kriya Yoga, Meditation Initiation into Kriya Yoga Meditation
	11:30 Meditation	
	13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up
	15.30 Video mit/of P. Hariharananda oder/or P. Prajnanananda	15:30 Erklärung der Technik Explanation of technique
17:30-18:30 Vortrag /Lecture	16:30 Meditation	17:30-18:30 Vortrag /Lecture
19:00 Meditation	18:30 Vortrag über Kriya Yoga Introductory Lecture	19:00 Meditation
20:30 Abendessen / Dinner Abwasch / Clean up	20:30 Abendessen / Dinner Abwasch / Clean up	20:30 Abendessen / Dinner Abwasch / Clean up

June 5, 2016	June 6, 2016	June 7, 2016
05:45 Chanten / Chanting	05:45 Chanten / Chanting	05:45 Chanten / Chanting
06:00 Meditation	06:00 Meditation	06:00 Meditation
07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up
08:00 Seva *	08:00 Seva *	08:00 Seva *
10 -11:00 Vortrag /Lecture	10 -11:00 Vortrag /Lecture	10 -11:00 Vortrag /Lecture
11:30 Meditation	11:30 Meditation	11:30 Meditation
13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up
14.30 Charity Concert – Bhajans for Balashram	15:00 Video mit/of P. Hariharananda oder/or P. Prajnanananda	15:00 Video mit/of P. Hariharananda oder/or P. Prajnanananda
16:30 Fragen & Antworten Question & Answer	16:30 Fragen & Antworten Question & Answer	16:30 Fragen & Antworten Question & Answer
17:30-18.30 Vortrag /Lecture	17:30-18.30 Vortrag /Lecture	17:30-18.30 Vortrag /Lecture
19:00 Meditation	19:00 Meditation	19:00 Meditation
20:30 Abendessen / Dinner Abwasch / Clean up	20:30 Abendessen / Dinner Abwasch / Clean up	20:30 Abendessen / Dinner Abwasch / Clean up
<i>Programme schedule is subject to change</i>		
* Seva = freiwillige Mithilfe / selfless service		

Retreat Informationen:

Simple accommodation at the Kriya Yoga Centre available.
(more bedded rooms / dormitory)

Vegetarian cuisine.

Mealtimes: after the morning, noon and evening meditation.

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

New initiates should participate for at least three meditations in order to reinforce their meditation technique.

All initiates can chose to attend only individual specific parts of the programme.

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.

Registration:

To register, please use the following link:

www.kriya.org/registration

Payment:

We have 2 price options:

- a) € 64,- per day, which include the seminar, the over-night stay at the ashram and all meals or
- b) € 51,- per day, which include the seminar and all meals only

After the registration and confirmation of your seminar contribution you are most welcome to pay cash at the Tattendorf Ashram.

If you prefer to make a bank transfer in advance please see our bank data:

Bank data Austria:

Receiver: Kriya Yoga Zentrum Wien

Reference: 1st Kriya Seminar 2016

Bank name: BAWAGPSK

IBAN: AT 36 6000 0000 74201787

BIC: BAWAATWW

Bank address: A-1018 Wien, Georg Cochplatz 2, Austria

Concessions available on request

For any other requirement and/or exception to the general rules and guidelines, please contact us.



SEMINAR PLACE: KRIYA YOGA CENTRE VIENNA

2523 Tattendorf • Pottendorferstraße 69 • Austria • Tel.: +43-2253/81491 • E-Mail: kyc@kriya.eu

www.kriya.eu • www.kriya.org