



Kriya Yoga Seminar

with



Swami Mangalananda Giri 22nd – 24th July 2016

Su

Friday	22.07.	18.30	Introductory Lecture
Saturday	23.07.	09.00	Initiation into Kriya Yoga Explanation of technique
		16.00	Explanation of technique Meditation
		19.00	Meditation

Inday	24.07.	06.15	Meditation
		10.30	Meditation
			Question & Answer
		15.00	Meditation
		16.00	Video of Paramahamsa
			Hariharananda / Prajnanananda

Only initiated persons are allowed to attend the Kriya Yoga Meditations

Initiation into the authentic Kriya Yoga: **Saturday 23rd July 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 \in 116,- (including board and lodge) Weekend seminar fee \in 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: <u>www.kriya.org/registration</u> **From July 25-28**, right after the seminar, our **Seva days** will take place (free board and lodging)



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