



## Ashram Foundation Seminar, 01. – 07. Sept. 2022,

with Rajarshi Peter van Breukelen,

Swami Mangalananda Giri, Swami Karunananda Giri

Yogacharya Claudia Cremers & Yogacharya Histas Damania



Sept. 01, 2022 Thu	Sept. 2, 2022 Fr	Sept. 3, 2022 Sa
<p>--- Ankunft / Arrival---</p> <hr/> <p>18:30 Meditation</p> <p>20:30 Abendessen / Dinner Abwasch / Clean up</p>	<p>06:30 Meditation</p> <p>08:00 Frühstück / Breakfast Abwasch / Clean up</p> <p>08:30 Seva*</p> <p>10:00 Meditation <i>Kriya II – Main Hall</i> <i>Kriya I - Hall 2</i></p> <p><b>12:00-12:30 Darshan mit/with Paramahamsa Prajnanananda</b></p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p>14:00 Seva</p> <p><b>16:30–17.45 Vortrag /Lecture Fragen &amp; Antworten/ Q &amp; A</b></p> <p>18:00 Meditation</p> <p><b>19:30-20:00 Darshan mit/with Paramahamsa Prajnanananda</b></p> <p>20:30 Abendessen / Dinner Abwasch / Clean up</p>	<p>06:30 Meditation</p> <p>08:00 Frühstück / Breakfast Abwasch / Clean up</p> <p><b>09:00 Einweihung Kriya Yoga / Initiation Kriya Yoga (Hall 2 )</b></p> <p><b>09:00 HiH Generalversammlung /General Assembly (Main Hall)</b></p> <p>10:45 Meditation (MainHall)</p> <p><b>12:00-12:30 Darshan mit/with Paramahamsa Prajnanananda</b></p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p><b>14.00-15:30 Group leader Workshop (Main Hall)</b></p> <p>16.00 Erklärung der Technik, Explanation of technique (Hall 2)</p> <p><b>16:30–17.45 Vortrag /Lecture Fragen &amp; Antworten/ Q &amp; A</b></p> <p>18:00 Meditation</p> <p><b>19:30-20:00 Darshan mit/with Paramahamsa Prajnanananda</b></p> <p>20:30 Abendessen / Dinner Abwasch / Clean up</p>

<b>Sept. 4-5, 2021 Su-Mo</b>	<b>Sept. 6, 2021 Tue</b>	<b>Sept. 07, 2022 Wed</b>
06:30 Meditation 08:00 Frühstück / Breakfast Abwasch / Clean up 08:30 Seva* 10:00 Meditation <i>Kriya II – Main Hall</i> <i>Kriya I - Hall 2</i> <b>12:00-12:30 Darshan mit/with            Paramahansa Prajnanananda</b> 13:00 Mittagessen / Lunch Abwasch / Clean up 14:00 Seva (Preparation for Foundation Day) <b>14:00 Kriya Yoga General –            versammlung /            General Assembly (4.5.)</b> <b>16:30 Vortrag /Lecture und /and            -17:45 Fragen &amp; Antworten            Question &amp; Answer</b> 18:00 Meditation <b>19:30-20:00 Darshan mit/with            Paramahansa Prajnanananda</b> 20:30 Abendessen / Dinner Abwasch / Clean up	<u><b>23. Ashram Gründungstag</b></u> <u><b>23rd Ashram Foundation Day</b></u> 06:30 Meditation 08:00 Frühstück / Breakfast Abwasch / Clean up <u><b>09:30 Feuerzeremonie</b></u> <u><b>Fire Ceremony</b></u> Meditation 13:00 Mittagessen / Lunch Abwasch / Clean up 14:00 Seva*  <u><b>16:00 -18:00 Feierlichkeiten</b></u> <u><b>Celebration</b></u>  19:00 Meditation 20:30 Abendessen / Dinner Abwasch / Clean up	06:30 Meditation 08:00 Frühstück / Breakfast Abwasch / Clean up 08:30 Seva* 10:00 Meditation <i>Kriya II – Main Hall</i> <i>Kriya I - Hall 2</i> <b>12:00-12:30 Darshan mit/with            Paramahansa Prajnanananda</b> 13:00 Mittagessen / Lunch Abwasch / Clean up  <b>---- Seminar ends-----</b>
<i>Programmänderungen vorbehalten / Programme schedule is subject to change</i>		
<i>* Seva (= freiwillige Mithilfe / selfless service )</i>		

### **Retreat Informationen:**

Simple accommodation at the Kriya Yoga Centre available. (more bedded rooms / dormitory)	Vegetarian cuisine. Mealtimes: after the morning, noon and evening meditation.
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<p style="text-align: center;">           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.         </p> <p style="text-align: center;"><b><u>For the initiation you need:</u></b></p> <p style="text-align: center;">           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.         </p> <p style="text-align: center;">           Please bring blankets and cushions. Loose and comfortable clothing is recommended.         </p>
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**Registration:**

To register, please use the following link:

[www.tiny.cc/kriya](http://www.tiny.cc/kriya)

**Payment:**

We have 2 price options:

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

*Concessions available on request*

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



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