

# Our meditative Seva Days

with Swami Mangalananda Giri and Yogacharya Uschi Schmidtke will take place from

**Monday 25<sup>th</sup> July till Thursday 28<sup>th</sup> July 2016**

(Arrival Sunday 24th July evening possible,  
departure Friday 29th July in the morning)

**- stay for free -**

These days offer the opportunity to connect our spiritual practice and practical support and help in the house and garden. Seva is your voluntary contribution and offers the chance to be part of the self-organized project " Kriya Yoga Centre".

Each day there will be guided meditations at  
5:45 a.m. / 11:30 a.m. / 7:00 p.m.

To register please use following link:

[www.kriya.org/registration](http://www.kriya.org/registration)

We look forward to meditating and performing selfless service with you!

**Your Kriya Yoga Team**

## **Seva Days Time Schedule**

05.45 am	Meditation
07.30 am	Breakfast
08.00 am	Seva – selfless service
11.30 am	Meditation
01.00 pm	Lunch
02.00 pm	Seva – selfless service
06.00pm	Lecture (CD)
07.00 pm	Meditation