KRIYA YOGA

Kriya Yoga Centre Vienna

Swami Karunananda Giri

Kriya Yoga Seminar 28 - 30 April

Introductory Lecture Friday 28.04.2023 at 6:30pm

Initiation into the authentic Kriya Yoga - Saturday 29.04.2023

Registration

Programme

Friday

18.30 Introductory Lecture

Saturday

09.00 Initiation into Kriya Yoga, Meditation

16.00 Explanation of technique

17.30 Meditation

Following offerings you need for initiation:

* **Five fruits** - representing the fruits of all our actions (the causal body)

* **Five flowers** - representing the five senses (the astral body)

* **Donation of € 150,-** - representing the gross body (the physical body)

Sunday

06.15 Meditation

10.00 Meditation

11.30 Question & Answers

16.00 Meditation

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

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

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

Costs

Weekend Seminar € 116,-
(including overnight stay and meals)

Weekend Seminar € 90,-
(including meals)

Vegetarian cuisine.
Mealtimes: after the morning, noon and evening meditation.

More Info
Please bring a blanket/yoga mat, a cushion and socks with you.
We also recommend loose and comfortable clothing.

We look forward to welcoming you soon.
Ihr Kriya Yoga Team

Kriya Yoga Centre Vienna
Pottendorferstrasse 69,
Tattendorf, Austria

+43 2253 81491 · kyc@kriya.eu

www.kriya.org · www.kriya.eu · info.kriya.eu

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