



Kriya Yoga Centre Vienna



Swami Mangalananda Giri

Kriya Yoga Seminar 28 - 30 July

Introductory Lecture Friday 28.07.2023 at 6:30pm

Initiation into the authentic Kriya Yoga - Saturday 29.07.2023

[Registration](#)

Programme

Friday

18.30 Introductory Lecture

Saturday

09.00 Initiation into Kriya Yoga

15.30 Explanation of KY-techniques

17.00 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

09.30 Meditation

11.00 Question & Answers (Q&A)

15.00 Meditation, Q&A

- 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: 7.30, 13.00 and after 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

[Unsubscribe](#) from:

"*Programs at Tattendorf*"

[Unsubscribe from all our emails](#)