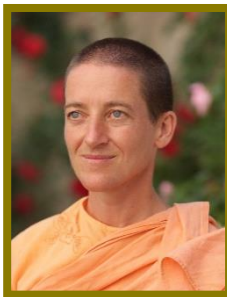




Ashram Foundation Seminar, 01. – 07. Sept. 2023

with Rajarshi Peter van Breukelen, Swami Atmavidyananda Giri,
Swami Mangalananda Giri, Swami Karunananda Giri &
Yogacharya Claudia Cremers



Sept. 01, 2023 Fr	Sept. 2, 2023 Sa	
Main Hall	Main Hall	Meditation Hall 2
<p>--- Ankunft / Arrival---</p> <hr/> <p>18:30 Meditation</p> <p>20:15 Abendessen / Dinner Abwasch / Clean up</p>	<p>05:45 Chanten/Chanting</p> <p>06:00 Meditation</p> <p>07:30 Frühstück / Breakfast Abwasch / Clean up</p> <p>08:00 Seva**</p> <p>09:30 -10.30 Vortrag /Lecture</p> <p>11:00 Meditation</p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p>14.00-15:30 Group Leader Meeting (Main Hall)</p> <p>16:00-16:45 Vortrag /Lecture</p> <p>17:00–17:40 Special Programme</p> <p>17:45-18:45 Satsang</p> <p>18:45 Kurze Pause / Short Break</p> <p>19:00 Meditation</p> <p>20:15 Abendessen / Dinner Abwasch / Clean up</p>	<p>09:00 Einweihung in den Kriya Yoga / Initiation into Kriya Yoga</p> <p>15.00 Erklärung der Technik, Explanation of technique</p>

Sept. 3 + 4, 2023 Su - Mo	Sept. 5, 2023 Tue	Sept. 6, 2021 We
05:45 Chanten/Chanting	05:45 Chanten/Chanting	<u>25. Ashram Gründungstag</u> <u>25th Ashram Foundation Day</u>
06:00 Meditation	06:00 Meditation	05:45 Chanten/Chanting
07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up	06:00 Meditation
08:00 Seva**	08:00 Seva**	07:30 Frühstück / Breakfast Abwasch / Clean up
09:30 -10.30 Vortrag /Lecture	09:30 -10.30 Vortrag /Lecture	08:00 Seva**
11:00 Meditation <i>Kriya II – Main Hall</i> <i>Kriya I - Hall 2</i>	11:00 Meditation <i>Kriya II – Main Hall</i> <i>Kriya I - Hall 2</i>	<u>09:00 Feuerzeremonie</u> <u>Fire Ceremony</u>
13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up
14:15 Generalversammlung General Assembly (3.9. HiH/ 4.9. Kriya Yoga)	14:00 Seva (Preparation for Foundation Day – 5.9.)	14:00 Seva*
17:00–17:40 Special Programme	15:45-17:00 Video mit/of P. Hariharananda	<u>16:00 -18:00 Feierlichkeiten</u> <u>Celebration</u>
17:45-18:45 Satsang	17:15–17:40 Special Programme	
18:45 Kurze Pause / Short Break	17:45-18:45 Satsang	
19:00 Meditation	18:45 Kurze Pause / Short Break	
20:15 Abendessen / Dinner Abwasch / Clean up	19:00 Meditation	19:00 Meditation
	20:15 Abendessen / Dinner Abwasch / Clean up	20:15 Abendessen / Dinner Abwasch / Clean up

Sept. 07, 2023 Thu		
05:45 Chanten/Chanting		
06:00 Meditation		
07:30 Frühstück / Breakfast Abwasch / Clean up		
08:00 Seva**		
09:45 -10.45 Satsang		
11:00 Meditation		
13:00 Mittagessen / Lunch Abwasch / Clean up		
---- Seminar ends-----		
<i>Programmänderungen vorbehalten / Programme schedule is subject to change</i>		
* Seva (= freiwillige Mithilfe / selfless service)		

Retreat Informationen:

Simple accommodation at the Kriya Yoga Centre available.
(more bedded rooms / dormitory)

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

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.

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 € 150,- as a symbol of the physical, astral and causal bodies.

Please bring blankets and cushions. Loose and comfortable clothing is recommended.

Registration:

To register, please use the following link:

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.



SEMINAR PLACE: KRIYA YOGA CENTRE VIENNA

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