



Kriya Yoga Centre Vienna



Swami Karunananda Giri

Kriya Yoga Seminar 20 - 22 October

Introductory Lecture Friday 20.10.2023 at 6:30pm

Initiation into the authentic Kriya Yoga – Saturday 21.10.2023 – 9.00 am

[Registration](#)

Programme

Friday

18.30 Introductory Lecture

Saturday

09.00 Initiation into Kriya Yoga,
Meditation

16.00 Explanation of technique

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)

17.30 Meditation

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.

We look forward to welcoming you soon.

Ihr Kriya Yoga Team

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.



Kriya Yoga Centre Vienna

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

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