

International KRIYA-YOGA-Silence-Retreat

From November till 8th till November 12th 2023



With Rajarshi Peter van Breukelen, Swami Mangalananda Giri, Swami Karunananda Giri, Yogacharya Histas Damania, Yogacharya Claudia Cremers

Time	Wednesday 08. 11.2023	Thursday 09.11.2023	Friday Day of silence, 10.11.2023	Saturday Day of silence, 11.11.2023	Sunday 12.11.2023
6.30 h - 7.45 h		Meditation	Meditation	Meditation	Meditation
8.00 h		Breakfast	Breakfast	Breakfast	Breakfast
9.00 – 10h		Lecture	Lecture	Lecture	Lecture
10.30 – 12h		Meditation I Meditation II	Meditation I Meditation II	Meditation I Meditation II	Meditation
12.15h	Arrival/ Registration	Lunch	Lunch	Lunch	Lunch
					End of Retreat
16h		Lecture	Lecture	Lecture	
16.30 h - 17.45 h		Meditation I Meditation II Silence	Meditation I Meditation II	Meditation I Meditation II End of silence	
18.00h	Dinner	Dinner	Dinner	Dinner	
19.30 h	Welcome Meditation	Questions and Answers	Questions and Answers	Concert	