



Kriya Yoga Centre Vienna



Swami Mangalananda Giri

Kriya Yoga Seminar 26 - 28 April

Introductory Lecture Friday 26.04.2024 at 6:30pm

Initiation into the authentic Kriya Yoga - Saturday 27.04.2024

[Registration](#)

Programme

Friday

18.30 Introductory Lecture
after Dinner

Saturday

07:30 Breakfast
09.00 Initiation into Kriya
Yoga/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)

13.00 Lunch

15.30 Explanation of KY-techniques

17.00 Meditation

after Dinner

Sunday

07:30 Breakfast

09.30 Meditation

11.00 Question & Answers (Q&A)

13:00 Lunch

15.00 Meditation, Q&A

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

- All initiates can choose 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: 7.30, 13.00 and after evening meditation.

More Info

Please bring a blanket, a cushion (available in the house if needed) and socks with you.

We also recommend loose and comfortable clothing.



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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