



Seminar in Luxembourg
28th – 30st June 2024
with Swami Karunananda Giri

Friday, 28th June 2024

19:30 Free Introductory Lecture open to all

Saturday, 29th June 2024

08:45 Preparation for Initiation
09:00 Initiation followed by Meditation
13:00 Lunch break
15:30 Explanation of Techniques followed by
Meditation

Sunday, 30st June 2024

09:00 II. Kriya Meditation
(only for those initiated into II. Kriya)
10:30 Guided Meditation
13:00 Lunch together (*optional*)
15:00 Questions & Answers followed by
Guided Meditation

*** Only those initiated into the Kriya Yoga lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda are allowed to participate at the Meditation and Techniques classes. ***

Venue: Festsaal der Gemeinde
Address: 21 Rue des Romains
4333 Niederdonven (near Luxembourg)

The following offerings are needed for initiation:

Five fruits - represent the fruits of all our actions (the causal body)

Five flowers - represent the five senses (the astral body)

Monetary Contribution of 150 EUR - represents the gross body (the physical body)

Costs (not for new initiates)

The Seminars in Luxembourg are funded by donations/contributions and are organised by volunteers.

Sat and Sun € 30 per day
€ 15 for half day

Information

Please bring a blanket/yoga mat, a cushion, and socks with you. We also recommend loose and comfortable clothing.

Kindly arrive 30 minutes before initiations start and 15 minutes before each meditation class.

Remember also to switch off your mobile during the program.

Information and Registration

Kriya Yoga Luxembourg
Name: Florence Bintener
Mobile: 00352/621 180 454
Email: kriyayoga.luxembourg@pt.lu