



## Kriya Yoga Centre Vienna



### Swami Mangalananda Giri

## Kriya Yoga Seminar 26 - 28 July

**Introductory Lecture Friday 26.07.2024 at 6:30pm**

**Initiation into the authentic Kriya Yoga - Saturday 27.07.2024**

[Registration](#)

### Programme

#### Friday

18.30 Introductory Lecture

20.00 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

followed by 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**

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