

23-30 JULY

Kriya Yoga Retreat

EXPERIENCE THE SERENITY AND TRANSFORMATIONAL POWER OF KRIYA YOGA AT THIS SPECIAL FUNDRAISING RETREAT; CONNECT WITH YOUR INNER NATURE WHILE STAYING AT GLASKOGEN NATURE RESERVE. IMMERSE YOURSELF IN DAILY MEDITATIONS LED BY KRIYA YOGA TEACHER RAJARSHI PETER VAN BREUKELEN, AS YOU EMBARK ON A JOURNEY TOWARDS SELF-DISCOVERY AND SPIRITUAL GROWTH.

THE PROGRAM CONSISTS OF:

2 DAILY MEDITATIONS

HATHA YOGA CLASSES

NATURE WALKS IN THE GLASKOGEN NATURE RESERVE

CANOE TRIP ON THE BEAUTIFUL LAKES WITH PICNIC

CAMPFIRE SHARING

SWIMMING & BOATING IN THE SHIMMERING BLUE LAKES

TIME FOR PERSONAL CONTEMPLATION AND RELAXATION

Lakeside Retreat

DATE: TUESDAY 23 JULY - TUESDAY 30 JULY 2024

RETREAT FEE: 750 EURO - INCLUDES ACCOMMODATION AND ALL MEALS

PART OF THE FEE WILL BE DONATED TO FOUNDATION HAND IN HAND

LOCATION: LAKESIDE RETREAT CENTER, GLASKOGEN NATURE RESERVE, GLAVA

(GOOGLE MAPS: 'LAKESIDE RETREAT SWEDEN')

LANGUAGE: ENGLISH

REGISTRATION AND INFORMATION VIA EMAIL: INFO@LAKESIDERETREAT.ORG

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WWW.LAKESIDERETREAT.ORG / WWW.KRIYA.ORG / WWW.HANDINHAND.AT

Note: this Kriya Yoga program is open to anyone who has been initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda. You can be initiated during the course of the program, on July 24th. If you would like to participate but are not yet initiated, please contact us.

