



Ashram Foundation Seminar, 03. – 09. Sept. 2024

with European Acharyas,
Swami Atmavidyananda Giri &
Swami Paripurnananda Giri

Sept. 03, 2024 Tue	Sept. 4, 2024 Wed	Sept. 5, 2024 Thur
	05:45 Chanten/Chanting	05:45 Chanten/Chanting
	06:00 Meditation	06:00 Meditation
	07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up
	08:00 Seva**	08:00 Seva**
	08:30 Einweihung in den Kriya Yoga / Initiation into Kriya Yoga – Followed by Meditation	10:00 -11:00 Vortrag /Lecture
		11:30 Meditation <i>Kriya II – Main Hall Kriya I - Hall 2</i>
	13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up
		14:00 Seva (Preparation for Foundation Day)
	15.00 Erklärung der Technik, Explanation of technique	15:30-16:30 Video mit/of P. Hariharananda or Prajnanananda
	17:00–17:40 Special Programme	17:00–17:40 Special Programme
	17:45-18:45 Satsang	17:45-18:45 Satsang
	18:45 Kurze Pause / Short Break	18:45 Kurze Pause / Short Break
	19:00 Meditation	19:00 Meditation
	20:15 Abendessen / Dinner Abwasch / Clean up	20:15 Abendessen / Dinner Abwasch / Clean up
----- Anreise /Arrival -----		
18:30 Meditation		
20:15 Abendessen / Dinner Abwasch / Clean up		

Sept. 6, 2024 Fr	Sept. 7+8, 2024 Sa-Su	Sept. 09, 2024 Mo
<p><u>26. Ashram Gründungstag</u> <u>26th Ashram Foundation Day</u></p> <p>05:45 Chanten/Chanting 06:00 Meditation 07:30 Frühstück / Breakfast Abwasch / Clean up 08:00 Seva**</p> <p><u>09:00 Feuerzeremonie</u> <u>Fire Ceremony</u></p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up 14:00 Seva*</p> <p><u>16:00 -18:00 Feierlichkeiten</u> <u>Celebration</u></p> <p>19:00 Meditation 20:15 Abendessen / Dinner Abwasch / Clean up</p>	<p>05:45 Chanten/Chanting 06:00 Meditation 07:30 Frühstück / Breakfast Abwasch / Clean up 08:00 Seva** 8:30-9:30 Ganesh Puja (7th Sept) 10:00 -11.00 Vortrag /Lecture 11:30 Meditation <i>Kriya II – Main Hall</i> <i>Kriya I - Hall 2</i> 13:00 Mittagessen / Lunch Abwasch / Clean up 14:15 Generalversammlung General Assembly (7.9. HiH / 8.9. Kriya Yoga) 15:30-16:30 Video mit/of P. Hariharananda or Prajnanananda 17:00–17:40 Special Programme 17:45-18:45 Satsang 18:45 Kurze Pause / Short Break 19:00 Meditation 20:15 Abendessen / Dinner Abwasch / Clean up</p>	<p>05:45 Chanten/Chanting 06:00 Meditation 07:30 Frühstück / Breakfast Abwasch / Clean up 08:00 Seva** 09:45 -10.45 Satsang 11:30 Meditation 13:00 Mittagessen / Lunch Abwasch / Clean up ---- Seminar ends-----</p>
<p><i>Programmänderungen vorbehalten / Programme schedule is subject to change</i></p>		
<p>* Seva (= freiwillige Mithilfe / selfless service)</p>		

Retreat Informationen:

Simple accommodation at the Kriya Yoga Centre available. (more bedded rooms / dormitory)	Vegetarian cuisine. Mealtimes: after the morning, noon and evening meditation.
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<p>Only initiated persons are allowed to attend the Kriya Yoga Meditations. New initiates should participate for at least three meditations in order to reinforce their meditation technique. All initiates can chose to attend only individual specific parts of the programme. <u>Initiations into Kriya Yoga: Wednesday 04.09.2024, 8.30 am</u> <u>For the initiation you need:</u> Five flowers as a symbol of the five sense organs, five fruits as a symbol of all experiences and a donation of € 150,- as a symbol of the physical, astral and causal bodies. Please bring blankets and cushions. Loose and comfortable clothing is recommended.</p>
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Registration:

To register, please use the following link:

www.tiny.cc/kriya

Payment:

We have 2 price options:

- a) € 64,- per day, which includes the seminar, the over-night stay at the ashram and all meals or
- b) € 51,- per day, which includes the seminar and all meals only

After the registration and confirmation of your seminar contribution you are most welcome to pay cash at the Tattendorf Ashram.

Concessions available on request

For any other requirement and/or exception to the general rules and guidelines, please contact us.



SEMINAR PLACE: KRIYA YOGA CENTRE VIENNA

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