



# Kriya Yoga Seminar

## November 22–25, 2024



**Swami  
Chidrupananda  
Giri**

Location: Learning Center Mezmaja,  
Lauciene, Talsi Municipality, Latvia

### Friday, 22<sup>nd</sup> of November

Starting from 13.00 Arrival and accommodation  
14:00 Lunch  
15.30–17.00 1<sup>st</sup> Kriya meditation  
17.30–19.00 Introductory lecture  
19.30 Dinner and bedtime

### Saturday, 23<sup>rd</sup> of November

06.30–7.45 1<sup>st</sup> Kriya meditation  
08.00 Breakfast  
09.00–12.30 1<sup>st</sup> Kriya initiation  
13.00 Lunch and free time  
15.30–17.30 Explanation of techniques of Kriya Yoga  
18.00–19.00 1<sup>st</sup> Kriya meditation  
19.30 Dinner and bedtime

### Sunday, 24<sup>th</sup> of November

06.30–7.45 1<sup>st</sup> Kriya meditation  
08.00 Breakfast  
09.00–10.15 Explanation of techniques of Kriya Yoga  
10.30–12.30 1<sup>st</sup> and 2<sup>nd</sup> Kriya meditation  
13.00 Lunch and free time  
14.00–15.30 Meditative walking  
16.00–17.00 Questions&Answers  
17.30–19.00 1<sup>st</sup> Kriya meditation  
19.30 Dinner and bedtime

### Monday, 25<sup>th</sup> of November

06.30–7.45 1<sup>st</sup> Kriya meditation  
08.00 Breakfast  
09.00–10.00 Class  
10.30–12.15 1<sup>st</sup> and 2<sup>nd</sup> Kriya meditation  
13.00 Lunch

We invite you to arrive 30 minutes before the start of the initiation and 15 minutes before each meditation class.

**Important!** Only people who are initiated in Kriya Yoga and follow teachings of Paramahansa Hariharananda and Paramahansa Prajnanananda Lineage of Masters are allowed to participate in this intensive program.



## Donation for participation in the program:

### For new members:

- for the initiation into first Kriya Yoga – **100 €**

The donation should be placed in an envelope and made during initiation.

### For initiated members:

- all days **60 €** (for members of association **50 €**)
- Payment per day if paid separately **30 €**

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## Additional costs:

- accommodation **20 €/per day**
- catering costs **13,50 €/per day**  
(breakfast and dinner €4.00, lunch €5.50)

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## Important!

- In order to participate in the seminar, you must fill out the Application Form and send it to the e-mail [info@krija.lv](mailto:info@krija.lv) **by November 15, 2024**.
- You have to make payment for accommodation in two days after approval of participation, transferring money to Krija jogas biedriba Latvija with payment details: **"Accommodation fee for the seminar 22.–25.11.2024"**.
- A menu will be sent well in advance of the seminar. Everyone will be able to choose the meals they like from the current table. Information regarding meal payments will be sent later.

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## More info about the venue:

[mezmaja.weebly.com](http://mezmaja.weebly.com)

## Program is organised by

Krija jogas biedriba Latvijā [www.krija.lv](http://www.krija.lv)

## Phone:

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