



# Christmas and New Year's Seminar

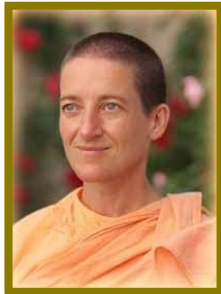
## Dec 24, 2023 – Jan 1, 2024

with

**Swami Mangalananda Giri**

**Swami Karunananda Giri**

**Swami Chidrupananda Giri**



**24.12. 20:30 Heilig Abend /Christmas Meditation** (ca./approx. 3 Stunden/hours)  
18:30 Abendessen / Dinner

<b>25. Dez. 2023 Mo</b>	<b>26. Dez. 2023 Die</b>	<b>27. Dez. 2023 Mi</b>
06:45 Meditation (in Stille)	06:15 Meditation	06:15 Meditation
08:00 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up
08:30 Seva *	08:00 Seva *	08:00 Seva *
<b>09:00 Spaziergang im Schweigen/ Silent walk or</b>		<b>09:30 Class</b> (Video)
<b>10.00 Class</b> (Video)	<b>10.00 Class</b> (Video)	
11:45 Meditation	11:30 Meditation	11:00 Meditation (I+II. Kriya)
13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up
15:00 Video mit/of P. Hariharananda oder/or P. Prajnanananda	15:00 Video mit/of P. Hariharananda oder/or P. Prajnanananda	15:00 Video mit/of P. Hariharananda oder/or P. Prajnanananda
<b>16:30 Diskurs</b>	<b>16:30 Diskurs</b>	<b>16:30 Diskurs</b>
18.00 Meditation	18.00 Meditation	18.00 Meditation
19:30 Abendessen / Dinner Abwasch / Clean up	19:30 Abendessen / Dinner Abwasch / Clean up	19:30 Abendessen / Dinner Abwasch / Clean up

<b>28.-30. Dez. 2023 Do-Sa</b>	<b>31. Dez. 2023 So.</b>	<b>01. Jan. 2024 Mo</b>
28.12. siehe/see 25.12. 6.15 Meditation  29.12. siehe/see 26.12.  30.12. siehe/see 27.12.	06:15 Meditation  07:30 Frühstück / Breakfast Abwasch / Clean up  08:00 Seva *  <b>09:30 Class</b> (Video)  11:00 Meditation (I+II. Kriya)  13:00 Mittagessen / Lunch Abwasch / Clean up  15:00 Video mit/of P. Hariharananda oder/or P. Prajnanananda  <b>17:00 Diskurs</b>  18:30 Abendessen / Dinner Abwasch / Clean up  <b>20:30 Neujahrsmeditation/ New Year's Meditation</b> (ca./approx.. 3 Stunden/hours)	06:45 stille/silent Meditation  08:00 Frühstück / Breakfast Abwasch / Clean up  08:30 Seva *  <b>09:00 Spaziergang im Schweigen/ Silent walk or</b>  <b>10:00 Class</b> (Video)  11:45 Meditation  13:00 Mittagessen / Lunch Abwasch / Clean up
<p><i>Programmänderungen vorbehalten/ Programme schedule is subject to change</i></p> <p>* <b>Seva = freiwillige Mithilfe / selfless service</b></p> <p>** <b>II. Kriya – Teilnahme nur für Eingeweihte in den 2. Kriya / only for initiates of 2nd Kriya</b></p>		

### **Retreat Informations:**

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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**Only initiated persons are allowed to attend the Kriya Yoga Meditations.**

**Initiation into the authentic Kriya Yoga possible on request.**

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.

**For the initiation you need:**

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.

**Registration:**

To register, please use the following link:

[www.tiny.cc/kriya](http://www.tiny.cc/kriya)

**Payment:**

We have 2 price options:

- a) € 58,- per day, which include the seminar, the over-night stay at the ashram and all meals or
- b) € 45,- per day, which include 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.

If you prefer to make a bank transfer in advance please see our bank data:

*Concessions available on request*

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



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