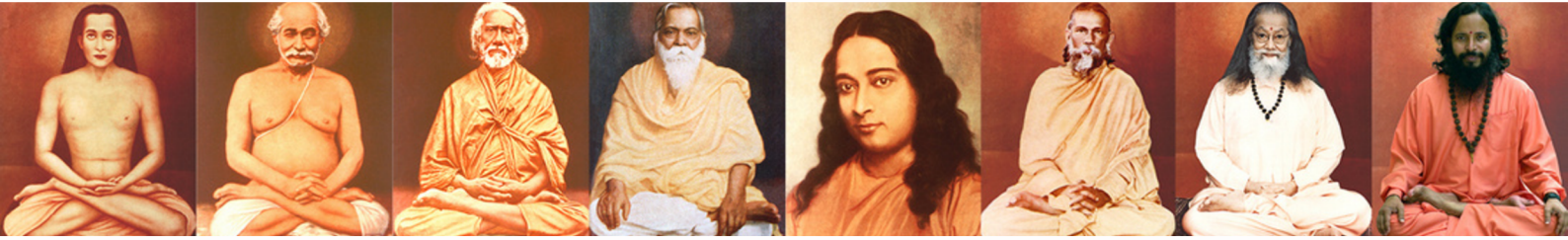


KRIYA YOGA MEDITATION WEEKEND



LECTURE & INITIATION IN THE ANCIENT SCIENCE OF KRIYA YOGA STOCKHOLM 28 February - 02 March 2025

with Yogacharya Ruud Wierdsma



Friday, February 28

19:00 pm – 20:30 pm **Free Public Lecture** on Kriya Yoga Meditation

Saturday, March 1

9:00 am – 12:30 pm Initiation Ceremony
13:00 pm – 14:00 pm Lunch Break (not included)
14:30 pm – 16:00 pm Explanation of Kriya Yoga Techniques
16:00 pm – 16:30 pm Tea Break
16:30 pm – 17:30 pm Meditation

Sunday, March 2

9:00 am – 10:30 am Review of Kriya Yoga Techniques / Questions & Answers
10:30 am – 11:00 am Tea Break
11:00 am – 12:00 pm Meditation
12:30 pm – 13:30 pm Lunch Break (not included)
14:30 pm – 15:30 pm Meditation
15:30 pm – 16:30 pm Closure & end of program

Location: Yeshin Norbu Meditationscenter, Roslagsgatan 62, 113 54 Stockholm

Price for retreat weekend: 100 euro (already initiated)

For new initiates: 150 euros initiation fee (no extra fee)

Please register via email: info@lakesideretreat.org

Offerings for initiation: 5 flowers, 5 fruits, 150 euro

www.kriya.org / www.lakesideretreat.org

The weekend program (Sa&Su) is not open to the public. Participants must be taking initiation or already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.