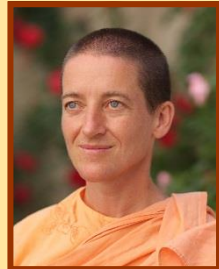




Christmas and New Year Seminar with



Swami Mangalananda Giri and Yogacharya Uschi Schmidtke

24th December 2016 - 01st January 2017

Saturday	24.12.16	20.30pm	Christmas Meditation			3.30pm	Video of P. Hariharananda or P. Prajnanananda	
Sunday	25.12.16	10.00am	Meditation			5.00pm	Meditation	
		11.30am	II. Kriya (only those initiated in 2. Kriya)			8.00pm	Class/Satsang*	
		4.00pm	Meditation		Thursday	29.12.16	6.30am	Meditation
		6.30pm	Introductory lecture			10.30am	Meditation, followed by II. Kriya	
			Meditation for all			3.30pm	Video of P. Hariharananda or P. Prajnanananda	
Monday	26.12.16	6.30am	Meditation			5.00pm	Meditation	
		9.00am	Initiation into Kriya Yoga,			8.00pm	Class/Satsang*	
		4.00pm	Explanation of technique and Meditation		Friday	30.12.16	See 29 th December	
		8.00pm	Class/Satsang*		Saturday	31.12.16	6.30am	Meditation
Tuesday	27.12.16	6.30am	Meditation			10.30am	Meditation,	
		9.00am	Silent Forest Walk			3.30pm	Video of P. Hariharananda or P. Prajnanananda	
		11.30am	Meditation			5.00pm	Class/ Satsang	
		4.00pm	Question and answers			8.30pm	New Years Meditation	
		5.00pm	Meditation		Sunday	01.01.17	6.30am	Silent Meditation
		8.00pm	Class/Satsang*			9.00am	Silent Forest Walk	
Wednesday	28.12.16	6.30am	Meditation			11.00am	Meditation	
		9.00am	Silent Forest Walk					
		11.00am	Meditation					

**Satsang: i.e. chanting, teachings, little story or question and answer*

Only initiated persons are allowed to attend the Kriya Yoga Meditations!

Initiation into the authentic Kriya Yoga: **Monday 26th December 2016**

(Initiations are also available on request on 24th December 2015)

New initiates should participate for at least three meditations in order to reinforce their meditation technique.

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.

Seminar fee per day € 58,00 (including board and lodge)
 Seminar fee per day € 45,00 (including board only)
*We can give a special discount to students and people with low income.
 Feel free to contact us any time.*

Vegetarian cuisine.
 Mealtimes: after the morning and noon meditation.
 Dinner at 6.30pm (on 25.12. at 8.30pm)