



Kriya Yoga Seminar with



Swami Mangalananda Giri **04th - 06th November 2016**

Friday 04.11. **18.30 Introductory Lecture**

Saturday 05.11. **09.00 Initiation into Kriya Yoga** Explanation of technique

16.00 Explanation of technique Meditation

19.00 Meditation

Sunday 06.11. 06.15 Meditation

10.30 Meditation

Question & Answer

15.00 Meditation

16.00 Video of Paramahamsa

Hariharananda / Prajnanananda

Only initiated persons are allowed to attend the Kriya Yoga Meditations

Initiation into the authentic Kriya Yoga: **Saturday 05**th **November 2016**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.

Weekend seminar fee € 116,- (including board and lodge) Weekend seminar fee € 90,- (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, noon and evening meditation. (7:30am, 1:00pm, 8:30pm)

Registration under: www.kriya.org/registration

