



Kriya Yoga Seminar with



Yogacharya Uschi Schmidtke 24th- 26th February 2017

Friday	24.02.16	18.30	Introductory Lecture
Saturday	25.02.16	09.00	Initiation into Kriya Yoga Explanation of technique
		16.00	Explanation of technique Meditation
		19.00	Meditation

Sunday	26.02.16	06.15	Meditation
		10.00	Meditation Question & Answer
		15.00	Meditation
		16.00	Video of Paramahansa Hariharananda / Prajnanananda
<i>Only initiated persons are allowed to attend the Kriya Yoga Meditations</i>			

*Initiation into the authentic Kriya Yoga: **Saturday 25th February 2017***
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