



## Kriya Yoga Seminar with



## Swami Mangalananda Giri 03<sup>rd</sup> - 05<sup>th</sup> November 2017

Friday 03.11. **18.30 Introductory Lecture** 

Saturday 04.11. **09.00 Initiation into Kriya Yoga** Explanation of technique

16.00 Explanation of technique

Moditation of technique

Meditation

19.00 Meditation

Sunday 05.11. 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 04**<sup>th</sup> **November 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  $\in$  116,- (including board and lodge) Weekend seminar fee  $\in$  90,- (including board only)

We can give a special discount to students and people with low income. Feel free to contact us any time.

Registration under: www.kriya.org/registration

Vegetarian cuisine.

Mealtimes: after the morning, noon and evening meditation. (7:30am, 1:00pm, 8:30pm)

