



Friday	03.11.	18.30	Introductory Lecture
Saturday	04.11.	09.00	Initiation into Kriya Yoga
			Explanation of technique
		16.00	Explanation of technique Meditation
		19.00	Meditation

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

Vegetarian cuisine.

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

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