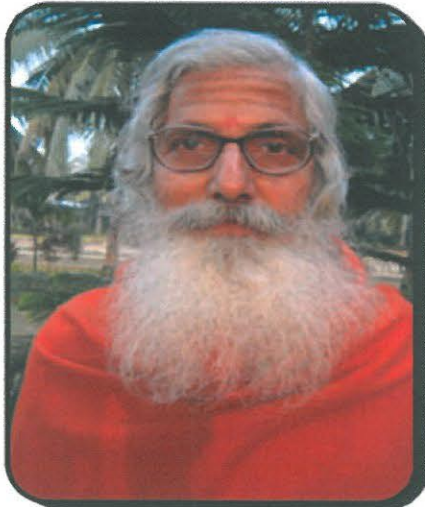




KRIYA YOGA WORKSHOP



Location: Indian Social Club, Darsait,
Muscat
April 21st – 22nd 2017



Swami Samarpanananda Giri

Swami Samarpananandaji was initiated into Kriya Yoga in 1982 and later joined the monastic order in 2004. In his pre-monastic days, he was a professor of Political Science. His entire life has been a life of discipline, dedication, prayer and meditation. His deep desire for renunciation and self-realisation is reflected in all his thought and actions. With loving care and sincerity, he guide Kriya Yoga practitioners in their self- development.

Please confirm your participation by WhatsApp to +968-95739760 & +968-95301725 or by email to kriyayogaoman@gmail.com

 : Kriya Yoga Muscat Centre



KRIYA YOGA WORKSHOP



SCHEDULE



21 st April 2017 - Friday	
8.00 AM – 10.00 AM	Discourse on Kriya & new Initiation
10.00 AM	Breakfast
10.30 AM – 11.30 AM	Spiritual Discourse - 1
11.30 AM – 1.30 PM	Kriya Learning
1.30 PM – 2.30 PM	Lunch
2.30 PM – 3.00 PM	Q-A Session
3.00 PM – 4.00 PM	Kriya Learning
22 nd April 2017 - Saturday	
8.00 AM – 9.00 AM	Meditation
9.00 AM	Breakfast
09.30 AM – 11.30 AM	Spiritual Discourse – 2
11.30 AM – 12.30 PM	Meditation
12.30 PM – 1.30 PM	Lunch
1.30 PM – 3.00 PM	Spiritual Discourse – 3 & Q - A Session
3.00 PM – 4.00 PM	Meditation