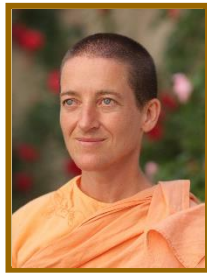




Christmas and New Year Seminar with



Swami Mangalananda Giri and Yogacharya Uschi Schmidtke

24th December 2017 - 01st January 2018

Sunday	24.12.17	20.30pm	Christmas Meditation	Thursday	28.12.17	<i>See 26th December</i>	
Monday	25.12.17	10.30am	Meditation followed by II. Kriya**	Friday	29.12.17	6.30am	Meditation
		3.30pm	Video of P. Hariharananda or P. Prajnanananda			10.30am	Meditation, followed by II. Kriya**
		5.00pm	Meditation			3.30pm	Video of P. Hariharananda or P. Prajnanananda
		8.00pm	Class/Satsang*			5.00pm	Meditation
Tuesday	26.12.17	6.30am	Meditation	Saturday	30.12.17	<i>See 29th December</i>	
		9.00am	Silent Forest Walk	Sunday	31.12.17	6.30am	Meditation
		3.30pm	Video of P. Hariharananda or P. Prajnanananda			10.30am	Meditation,
		5.00pm	Meditation			3.30pm	Video of P. Hariharananda or P. Prajnanananda
		8.00pm	Class/Satsang*			5.00pm	Class/ Satsang
Wednesday	27.12.17	6.30am	Meditation			8.30pm	New Years Meditation
		10.30am	Meditation	Monday	01.01.18	6.30am	Silent Meditation
		3.30pm	Video of P. Hariharananda or P. Prajnanananda			9.00am	Silent Forest Walk
		5.00pm	Meditation			11.30am	Meditation
		8.00pm	Class/Satsang*				

*Satsang: i.e. chanting, teachings, little story or question and answer

** II. Kriya – only for initiates of 2nd Kriya

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

Initiation into the authentic Kriya Yoga possible on request.

New initiates should participate for at least three meditations in order to reinforce their meditation technique.

All initiates can choose to attend only individual specific parts of the programme.

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.

Seminar fee per day € 58,00 (including board and lodge)
 Seminar fee per day € 45,00 (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 and noon meditation.
 Dinner at 6.30pm

Registration under: www.kriya.org/registration