



Kriya Yoga Seminar with



Swami Mangalananda Giri 26th – 28th January 2018

Friday	26.01.	18.30	Introductory Lecture
Saturday	27.01.	09.00	Initiation into Kriya Yoga Explanation of technique
		16.00	Explanation of technique Meditation
		19.00	Meditation

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Sund		28.01
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06.15 Meditation 10.30 Meditation

Question & Answer

15.00 Meditation 16.00 Video of Par

Video of Paramahamsa Hariharananda / Prajnanananda

Only initiated persons are allowed to attend the Kriya Yoga Meditations

Initiation into the authentic Kriya Yoga: Saturday 27th January 2018

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.

Vegetarian cuisine.

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

Registration under: www.kriya.org/registration



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