



1st Kriya Yoga Retreat, May 30 – June 04, 2018

with Swami Achalananda Giri,

Rajarshi Peter van Breukelen, Swami Mangalananda Giri,

Yogacharyas Claudia Cremers, Petra Helwig and Uschi Schmidtke



May 30, 2018 We	May 31, 2018 Thu	June 1-4, 2018 Fr-Mo
05:45 Chanten / Chanting	05:45 Chanten / Chanting	05:45 Chanten / Chanting
06:00 Meditation	06:00 Meditation (nur für Eingeweihte in den 1. Kriya) (only for those initiated into 1st Kriya)	06:00 Meditation
07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up
08:00 Seva *		08:00 Seva *
11:30 Meditation	09:00 Einweihung in den authentischen Kriya Yoga, Initiation into Kriya Yoga, Meditation	10 -11:00 Vortrag /Lecture
13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up	11:30 Meditation (I+II. Kriya)
15:00 Video mit/of P. Hari- harananda oder/or P. Prajnanananda	15:30 Erklärung der Technik Explanation of technique	13:00 Mittagessen / Lunch Abwasch / Clean up
17:30-18.30 Vortrag /Lecture	17:30-18:30 Vortrag /Lecture	15:00 Video mit/of P. Hari- harananda oder/or P. Prajnanananda
19:00 Meditation	19:00 Meditation	16:30 Fragen & Antworten Question & Answer
20:30 Abendessen / Dinner Abwasch / Clean up	20:30 Abendessen / Dinner Abwasch / Clean up	17:30-18.30 Vortrag /Lecture
		19:00 Meditation
		20:30 Abendessen / Dinner Abwasch / Clean up
<i>Programmänderungen vorbehalten / Programme schedule is subject to change</i> * Seva = freiwillige Mithilfe / selfless service		

Retreat Informationens:

Simple accommodation at the Kriya Yoga Centre available.
(more bedded rooms / dormitory)

Vegetarian cuisine.
Mealtimes: after the morning, noon and evening meditation.

Only initiated persons are allowed to attend the Kriya Yoga Meditations.
New initiates should participate for at least three meditations in order to reinforce their meditation technique.
All initiates can chose 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.

Registration:

To register, please use the following Link:

www.kriya.org/registration

Payment:

We have 2 price options:

- a) € 64,- per day, which include the seminar, the over-night stay at the ashram and all meals or
- b) € 51,- per day, which include the seminar and all meals only

After the registration and confirmation of your seminar contribution you are most welcome to pay cash at the Tattendorf Ashram.

If you prefer to make a bank transfer in advance please see our bank data:

Bank data Austria:

Receiver: Kriya Yoga Zentrum Wien

Reference: 1st Kriya Seminar 2018

Bank name: BAWAGPSK

IBAN: AT 36 6000 0000 74201787

BIC: BAWAATWW

Bank address: A-1018 Wien, Georg Cochplatz 2, Austria

Concessions available on request

For any other requirement and/or exception to the general rules and guidelines, please contact us.



SEMINAR PLACE: KRIYA YOGA CENTRE VIENNA

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www.kriya.eu • www.kriya.org