



Ashram Foundation Seminar, Aug 31 - Sept. 7, 2018,

with Swami Atmavidyananda Giri,

Rajarshi Peter van Breukelen, Swami Mangalananda Giri,

Yogacharyas Claudia Cremers, Petra Helwig und Uschi Schmidtke



August 31, 2018 Fri	September 1, 2018 Sa	September 2, 2018 Sun
05:45 Chanten/Chanting "108 Namen von Gurudev" "108 names of Gurudev"	05:45 Chanten/Chanting "108 Namen von Gurudev" "108 names of Gurudev"	05:45 Chanten/Chanting "108 Namen von Gurudev" "108 names of Gurudev"
06:00 Meditation	06:00 Meditation	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**	08:00 Seva**
10:00 Einweihung II. Kriya * Initiation II Kriya *	09:00 Einweihung in den Kriya Yoga / Initiation into Kriya Yoga	09:30 -10.30 Vortrag /Lecture/ Special Programme
11:00 Meditation (I+II Kriya)	11:30 Meditation	11:00 Meditation (I+II. Kriya)
13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up
16:00 Meditation	14:00 Kriya Yoga General – versammlung / General Assembly	15:00 Tag der offenen Tür Open House Day
18.00 HiH Generalversammlung /General Assembly (hall 2)	16.00 Erklärung der Technik, Explanation of technique	17:30-18:30 Vortrag /Lecture
18:30 Vortrag über Kriya Yoga Introductory Lecture Meditation	17:30-18:30 Vortrag /Lecture	19:00 Meditation
20:30 Abendessen / Dinner Abwasch / Clean up	19:00 Meditation	20:30 Abendessen / Dinner Abwasch / Clean up
	20:30 Abendessen / Dinner Abwasch / Clean up	

Sept. 3-5, 2018 Mo-We	Sept. 6, 2018 Thu	Sept. 7, 2018 Fr
05:45 Chanten/Chanting "108 Namen von Gurudev" "108 names of Gurudev"	<u>20. Ashram Gründungstag</u> <u>20th Ashram Foundation Day</u>	05:45 Chanten/Chanting "108 Namen von Gurudev" "108 names of Gurudev"
06:00 Meditation	05:45 Chanten/Chanting "108 Namen von Gurudev" "108 names of Gurudev"	06:00 Meditation
07:30 Frühstück / Breakfast Abwasch / Clean up	06:00 Meditation	07:30 Frühstück / Breakfast Abwasch / Clean up
08:00 Seva**	07:30 Frühstück / Breakfast Abwasch / Clean up	08:00 Seva**
09:30 -10.30 Vortrag /Lecture	<u>09:00 Feuerzeremonie</u> <u>Fire Ceremony</u>	09:30 -10.30 Vortrag /Lecture
11:00 Meditation (I+II. Kriya)	Meditation	11:00 Meditation (I+II. Kriya)
13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up
14:30 Charity Concert (only 3.9.) Bhajans for Balashram	14:00 Seva**	15:15 Video mit/of P. Hari- harananda oder/or P. Prajnanananda
16:15 Vortrag /Lecture	<u>16:00 -18:00 Feierlichkeiten</u> <u>Celebration</u>	16:30 Fragen & Antworten Question & Answer
17:15 Fragen & Antworten Question & Answer / Special Programme	19:00 Meditation	17:30-18:30 Vortrag /Lecture
19:00 Meditation	20:30 Abendessen / Dinner Abwasch / Clean up	19:00 Meditation
20:30 Abendessen / Dinner Abwasch / Clean up		20:30 Abendessen / Dinner Abwasch / Clean up
<u>* II. Kriya Einweihung /Initiation: Freitag 31. Aug. / Friday Aug. 31</u>		
- nur nach dreijähriger regelmäßiger Kriyapraxis und Absprache mit einem Lehrer vor dem Retreat - only after practising first Kriya at least 3 years regularly and permission of a teacher prior to the retreat		
<i>Programmänderungen vorbehalten / Programme schedule is subject to change</i>		
** Seva (= freiwillige Mithilfe / selfless service)		

Retreat Informationen:

Simple accommodation at the Kriya Yoga Centre available. (more bedded rooms / dormitory)	Vegetarian cuisine. Mealtimes: after the morning, noon and evening meditation.
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<p>Only initiated persons are allowed to attend the Kriya Yoga Meditations.</p> <p>New initiates should participate for at least three meditations in order to reinforce their meditation technique.</p> <p>All initiates can chose to attend only individual specific parts of the programme.</p> <p style="text-align: center;"><u>For the initiation you need:</u></p> <p>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.</p> <p>Please bring blankets and cushions. Loose and comfortable clothing is recommended.</p>
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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: Ashram Foundation 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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