



Kriya Yoga Retreat at
Aylesford Priory with
Paramahansa Prajnanananda

15-18 October 2018



Kriya Yoga UK is delighted to announce a retreat with **Paramahansa Prajnanananda** and **Yogacharya's Uschi Schmidtke** and **Histas Damania** at Aylesford Priory (The Friars) in Kent. See www.thefriars.org.uk. The Friars is an ancient religious house founded in the 13th century when the first Carmelites arrived from the Holy Land. This beautiful place with its gardens, chapels and mediaeval buildings is a lovely venue for a retreat set, in a peaceful rural setting. Auspiciously, the 15th October, the first day of our retreat is the Feast day of the Carmelite nun, mystic and theologian St Theresa of Avila. The Priory, 30 miles southeast of London is easy to get to by car or by train (London Victoria to Maidstone East 1 hr

Paramahansa Prajnananandaji does not travel so much to Europe in recent years so we are very fortunate for this opportunity to spend some time in his company.

The retreat cost of £300.00 per person, which is payable when booking includes full board, single room occupancy in simple clean rooms and vegetarian food.



There will be two days of silence where kriyavans will have a wonderful opportunity to meditate, contemplate, relax and deepen their practice.

The retreat is for those already initiated into Kriya Yoga by Paramahansa Hariharananda, Paramahansa Prajnanananda or one of their authorised swamis or acharyas.



WWW.KRIYA.ORG



Retreat Schedule Guide

Monday 15th October

14:00	Arrival time
17:00	Guided Meditation
18:30	Dinner
19:30	Teachings / Q&A
20:30	Retire / Quiet Time

Tuesday 16th and Wednesday 17th October

06:15	Guided Meditation
08:00	Breakfast
09:30	Kriya Yoga teachings
10:45	Tea Break
11:15	Guided Meditation
13:00	Lunch
14:00	Rest / Private Time
15:30	Afternoon Tea
17:00	Guided Meditation
18:30	Dinner
19:30	Teachings / Q&A
20:30	Retire / Quiet Time

Thursday 18th October

06:15	Guided Meditation
08:00	Breakfast
09:30	Kriya Yoga teachings

10:45	Tea Break
11:15	Guided Meditation
13:00	Lunch
14.00	End of retreat

P.S. We reserve the right to alter the programme schedule

Please note that places are limited, and both places and rooms will be allocated on a strictly first-come, first-served basis. However, we regret that in the event of cancellation, we cannot guarantee a refund if we cannot reallocate your room.

Retreat Booking Form

Name _____

Address _____

Email: _____

Telephone _____

Signature and Date: _____

Please complete this form and scan and email it to info@kriyayogauk.com You can transfer the retreat cost of £300.00 by BACS to our Kriya Yoga account, please contact Michael for account details at: info@kriyayogauk.com

Alternatively, please sign and date this form and post it to Kriya Yoga UK, Flat 22 Overstrand Mansions, Prince of Wales Drive, London SW11 4EZ along with a cheque for £300.00 made payable to Kriya Yoga UK