



Kriya Yoga Seminar

with



Yogacharya Uschi Schmidtke

25th – 27th January 2019

Friday	25.01.	18.30	Introductory Lecture	Sunday	27.01.	06.15	Meditation
Saturday	26.01.	09.00	Initiation into Kriya Yoga			10.30	Meditation
			Explanation of technique				Question & Answer
		16.00	Explanation of technique			15.00	Meditation
			Meditation			16.00	Video of Paramahansa
		19.00	Meditation				Hariharananda / Prajnanananda

Only initiated persons are allowed to attend the Kriya Yoga Meditations

*Initiation into the authentic Kriya Yoga: **Saturday 26th January 2019***
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 € 116,- (including board and lodge)
Weekend seminar fee € 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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