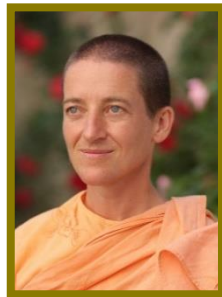


Christmas and New Year's Seminar

Dec 24, 2018 – Jan 1, 2019

with

Swami Mangalananda Giri and Yogacharya Uschi Schmidtke



24.12. 20:30 Heilig Abend /Christmas Meditation (ca./approx. 3 Stunden/hours)
18:30 Abendessen / Dinner

| 25. Dez. 2018 Tue | 26. Dez. 2018 Wed | 27. Dez. 2018 Thu |
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| 06:45 Meditation | 06:15 Meditation | 06:15 Meditation |
| 08:00 Frühstück / Breakfast Abwasch / Clean up | 07:30 Frühstück / Breakfast Abwasch / Clean up | 07:30 Frühstück / Breakfast Abwasch / Clean up |
| 09:30 Spaziergang im Schweigen/ Silent forest walk/Video | 09:00 Spaziergang im Schweigen/ Silent forest walk /Video | 08:00 Seva * |
| 11:45 Meditation | 11:30 Meditation | 10:30 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 |
| 15:45 Video mit/of P. Hari- harananda oder/or P. Prajnanananda | 15:45 Video mit/of P. Hariharananda oder/or P. Prajnanananda | 15:45 Video mit/of P. Hari- harananda oder/or P. Prajnanananda |
| 17:00 Meditation | 17:00 Meditation | 17:00 Meditation |
| 19:00 Abendessen / Dinner Abwasch / Clean up | 19:00 Abendessen / Dinner Abwasch / Clean up | 19:00 Abendessen / Dinner Abwasch / Clean up |

| 28-30 Dec. 2018 Fr-Su | 31 Dec. 2018 Mo | 01 Jan. 2019 Tue |
|---|--|--|
| <p>28.12. siehe/see 26.12.</p> <p>29.12. siehe/see 26.12. 20.00 Bhajans for Balashram Charity Concert</p> <p>30.12. siehe/see 27.12.</p> | <p>06:15 Meditation</p> <p>07:30 Frühstück / Breakfast Abwasch / Clean up</p> <p>08:00 Seva *</p> <p>10:30 Meditation (I+II. Kriya)</p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p>15:45 Video mit/of P. Hariharananda oder/or P. Prajnanananda</p> <p>17:00 Klasse/Class, Satsang</p> <p>18:30 Abendessen / Dinner Abwasch / Clean up</p> <p>20:30 Neujahrsmeditation/ New Year's Meditation (ca./approx.. 3 Stunden/hours)</p> | <p>06:30 stille/silent Meditation</p> <p>07:30 Frühstück / Breakfast Abwasch / Clean up</p> <p>09:00 Spaziergang im Schweigen/ Silent forest walk</p> <p>11:30 Meditation</p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> |
| <p><i>Programmänderungen vorbehalten/ Programme schedule is subject to change</i></p> <p>* Seva = freiwillige Mithilfe / selfless service</p> <p>** II. Kriya – Teilnahme nur für Eingeweihte in den 2. Kriya / only for initiates of 2nd Kriya</p> | | |

Retreat Informations:

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| <p>Simple accommodation at the Kriya Yoga Centre available. (more bedded rooms / dormitory)</p> | <p>Vegetarian cuisine. Mealtimes: after the morning, noon and evening meditation.</p> |
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| <p>Only initiated persons are allowed to attend the Kriya Yoga Meditations.</p> <p>Initiation into the authentic Kriya Yoga possible on request.</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><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) € 58,- per day, which include the seminar, the over-night stay at the ashram and all meals or
- b) € 45,- 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: Christmas, New Year's Retreat 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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