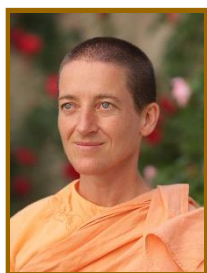




## Kriya Yoga Seminar with



## Swami Mangalananda Giri 15<sup>th</sup> – 17<sup>th</sup> November 2019

Friday	15.11.	<b>18.30</b>	<b>Introductory Lecture</b>	Sunday	17.11.	06.15	Meditation
Saturday	16.11.	<b>09.00</b>	<b>Initiation into Kriya Yoga</b>			10.30	Meditation
			<b>Explanation of technique</b>				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 16<sup>th</sup> November 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](http://www.kriya.org/registration)



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