



**Ashram Foundation Seminar, 4th – 10th Sept. 2020,**  
**with Rajarshi Peter van Breukelen,**  
**Swami Mangalananda Giri and Swami Karunananda Giri**



Sept. 04, 2020 Fr	Sept. 5, 2020 Sa	Sept. 6, 2020 So
<p><b>18:30 Kriya Yoga Vortrag</b> (Main Hall)</p> <p><b>18:30 Meditation</b> (Hall 2)</p> <p>20:30 Abendessen / Dinner Abwasch / Clean up</p>	<p>06:30 Meditation</p> <p>08:00 Frühstück / Breakfast Abwasch / Clean up</p> <p><b>09:00 Einweihung in den Kriya Yoga / Initiation into Kriya Yoga (hall 1)</b></p> <p>10:30 Video (Hall 2)</p> <p>11:45 Meditation (Main Hall) Kriya II. – Hall 2</p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p>14:00 Seva (Preparation for Foundation Day)</p> <p><b>14:00 Kriya Yoga General – versammlung / General Assembly</b></p> <p>16:00 Erklärung der Technik, Explanation of technique</p> <p><b>17:30-18:30 Vortrag /Lecture</b></p> <p>19:00 Meditation</p> <p>20:30 Abendessen / Dinner Abwasch / Clean up</p>	<p><b><u>22. Ashram Gründungstag</u></b> <b><u>22nd Ashram Foundation Day</u></b></p> <p>06:30 Meditation</p> <p>08:00 Frühstück / Breakfast Abwasch / Clean up</p> <p><b><u>09:30 Feuerzeremonie</u></b> <b><u>Fire Ceremony</u></b> Meditation (Mainhall)</p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p>14:00 Seva*</p> <p><b><u>16:00 -18:00 Feierlichkeiten</u></b> <b><u>Celebration</u></b></p> <p>19:00 Meditation</p> <p>20:30 Abendessen / Dinner Abwasch / Clean up</p>

<b>Sept. 7, 2020 Mo</b>	<b>Sept. 8-9, 2020 Die-Mi</b>	<b>Sept. 10, 2020 Do</b>
06:30 Meditation	06:30 Meditation	06:30 Meditation
08:00 Frühstück / Breakfast Abwasch / Clean up	08:00 Frühstück / Breakfast Abwasch / Clean	08:00 Frühstück / Breakfast Abwasch / Clean
08:30 Seva*	08:30 Seva*	08:30 Seva*
<b>10:30 -11.00 Vortrag /Lecture/</b>	<b>10:30 -11.00 Vortrag /Lecture/</b>	<b>10:30 -11.00 Vortrag /Lecture/</b>
11:30 Meditation <i>Kriya II – Main Hall</i> <i>Kriya I - Hall 2</i>	11:30 Meditation <i>Kriya II – Main Hall</i> <i>Kriya I - Hall 2</i>	11:30 Meditation <i>Kriya I – Main Hall</i>
13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up
14:00 <b>HiH Generalversammlung</b> <b>/General Assembly</b>	15:15 Video mit/of P. Hari- harananda oder/or P. Prajnanananda	
<b>16:30 Fragen &amp; Antworten</b> <b>Question &amp; Answer</b>	<b>16:30 Fragen &amp; Antworten</b> <b>Question &amp; Answer</b>	
<b>17:30-18:30 Vortrag /Lecture</b>	<b>17:30-18:30 Vortrag /Lecture</b>	
19:00 Meditation	19:00 Meditation	
20:30 Abendessen / Dinner Abwasch / Clean up	20:30 Abendessen / Dinner Abwasch / Clean up	

*Programmänderungen vorbehalten / Programme schedule is subject to change*

*\* 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.

Only initiated persons are allowed to attend the Kriya Yoga Meditations.

New initiates should participate for at least three meditations in order to reinforce their meditation technique.

All initiates can chose to attend only individual specific parts of the programme.

#### **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.

**Registration:**

To register, please use the following link:

[www.kriya.org/registration](http://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 2020

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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