



Swami Mangalananda Giri

13th – 15th November 2020

Friday	13.11.	18.30	Introductory Lecture	Sunday	15.11.	06.15	Meditation
Saturday	14.11.	09.00	Initiation into Kriya Yoga Explanation of technique			10.30	Meditation
							Question & Answer
						15.00	Meditation
		16.00	Explanation of technique Meditation			16.00	Video of Paramahansa Hariharananda / Prajnanananda
		19.00	Meditation	<i>Only initiated persons are allowed to attend the Kriya Yoga Meditations</i>			

*Initiation into the authentic Kriya Yoga: **Saturday 14th November 2020***
New initiates should participate for at least three meditations in order to reinforce their meditation technique.

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.

<p>Weekend seminar fee € 116,- (including board and lodge) Weekend seminar fee € 90,- (including board only) <i>We can give a special discount to students and people with low income.</i> <i>Feel free to contact us any time.</i></p>	<p>Vegetarian cuisine.</p> <p>Mealtimes: after the morning, noon and evening meditation. (7:30am, 1:00pm, 8:30pm)</p>
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Registration under: www.kriya.org/registration



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