



## Ashram Foundation Seminar, 03. – 09. Sept. 2021,

with Rajarshi Peter van Breukelen,

Swami Mangalananda Giri, Swami Karunananda Giri

and Yogacharya Claudia Cremers



Sept. 03, 2021 Fr	Sept. 4, 2021 Sa	Sept. 5, 2021 So
	06:30 Meditation	06:30 Meditation
	08:00 Frühstück / Breakfast Abwasch / Clean up	08:00 Frühstück / Breakfast Abwasch / Clean up
	<b>09:00 Einweihung in den Kriya Yoga / Initiation into Kriya Yoga (Hall 2)</b>	08:30 Seva*
	10:00 Meditation (MainHall) <i>Kriya II. – Main Hall</i>	10:00 Meditation <i>Kriya II – Main Hall Kriya I - Hall 2</i>
	<b>12:00-12:30 Darshan mit/with Paramahamsa Prajnanananda</b>	<b>12:00-12:30 Darshan mit/with Paramahamsa Prajnanananda</b>
	13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up
	14:00 <b>HiH Generalversammlung /General Assembly</b>	14:00 Seva (Preparation for Foundation Day)
	16:00 Erklärung der Technik, Explanation of technique (Hall 2)	<b>14:00 Kriya Yoga General – versammlung / General Assembly</b>
	16:00 Meditation (Main Hall)	<b>16:30 Vortrag /Lecture und /and -17:45 Fragen &amp; Antworten Question &amp; Answer</b>
<b>18:30 Kriya Yoga Vortrag / Lecture and Meditation (Main Hall)</b>	<b>18:00-18:30 Darshan mit/with Paramahamsa Prajnanananda</b>	<b>18:00-18:30 Darshan mit/with Paramahamsa Prajnanananda</b>
	18:30 Meditation	18:30 Meditation
20:30 Abendessen / Dinner Abwasch / Clean up	20:30 Abendessen / Dinner Abwasch / Clean up	20:30 Abendessen / Dinner Abwasch / Clean up

<b>Sept. 6, 2021 Mo</b>	<b>Sept. 7-8, 2021 Die-Mi</b>	<b>Sept. 09, 2021 Do</b>
<p><b><u>23. Ashram Gründungstag</u></b> <b><u>23rd 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</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>	<p>06:30 Meditation</p> <p>08:00 Frühstück / Breakfast Abwasch / Clean up</p> <p>08:30 Seva*</p> <p>10:00 Meditation <i>Kriya II – Main Hall</i> <i>Kriya I - Hall 2</i></p> <p><b>12:00-12:30 Darshan mit/with Paramahansa Prajnanananda</b></p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p><b>16:30 Vortrag /Lecture und /and -17:45 Fragen &amp; Antworten Question &amp; Answer</b></p> <p><b>18:00-18:30 Darshan mit/with Paramahansa Prajnanananda</b></p> <p>18:30 Meditation</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>08:30 Seva*</p> <p>10:00 Meditation <i>Kriya II – Main Hall</i> <i>Kriya I - Hall 2</i></p> <p><b>12:00-12:30 Darshan mit/with Paramahansa Prajnanananda</b></p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p>---- Seminar ends-----</p>
<p><i>Programmänderungen vorbehalten / Programme schedule is subject to change</i></p>		
<p>* Seva (= freiwillige Mithilfe / selfless service )</p>		

### **Retreat Informationen:**

<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. 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.</p> <p><b><u>For the initiation you need:</u></b></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](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.

*Concessions available on request*

*For any other requirement and/or exception to the general rules and guidelines, please contact us.*



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