



Kriya Yoga Seminar with



Swami Mangalananda Giri 12th – 14th November 2021

Friday 12.11. **18.30 Introductory Lecture**

Saturday 13.11. **09.00 Initiation into Kriya Yoga** Explanation of technique

16.00 Explanation of technique

Explanation of technique

18.00 Meditation

Sunday 14.11. 06.15 Meditation

09.30 Question & Answer

11.00 Meditation

16.00 Meditation

Only initiated persons are allowed to attend the Kriya Yoga Meditations

Initiation into the authentic Kriya Yoga: **Saturday 13th November 2021**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 \in 116,- (including board and lodge) Weekend seminar fee \in 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

