



Paramahansa Hariharananda

# KRIYA YOGA

Seminar with



Paramahansa Prajnanananda

## Swami Mangalananda Giri

**12<sup>th</sup>-14<sup>th</sup> February 2010**

Friday	12.02.10	18.00	Introductory lecture Meditation for all	Sunday	14.02.10	06.15 09.00	Meditation II. Kriya Meditation <i>(only for those initiated in 2. Kriya)</i>
Saturday	13.02.10	6.15 09.00 16.30 19.00	Meditation (CD) <i>(only for initiated people)</i> Initiation into Kriya Yoga Explanation of technique Meditation Explanation of technique, Meditation Meditation			10.30 11:30 15.00 16.30 19.00	Question & Answer Meditation Video of Paramahansa Hariharananda or Prajnanananda Meditation Meditation (CD)
				<i>Only initiated persons are allowed to attend the Kriya Yoga Meditations</i>			

*Initiation into the authentic Kriya Yoga: **Saturday 13<sup>th</sup> February 2010***  
*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.*

Seminar fee € 25,- / € 12,50 half day/ Friday entrance free  
We can give a special discount to students and people with low income. Feel free to contact us any time.

Accommodation in the Kriya Yoga Centre available.  
Vegetarian cuisine.  
Mealtimes: after the morning, noon and evening meditation.