

Kriya Yoga Spring Retreat
16th – 21st April 2010
with Paramahansa Prajnanananda,
Swami Mangalananda Giri and other authorised Yogacharyas



April 16, 2010	April 17, 2010	April 18-21, 2010
06:00 Sacred Chanting, Meditation	06:00 Sacred Chanting, Meditation	06:00 Sacred Chanting, Meditation
07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up
08:00 Seva	09:00 Einweihung in den authentischen Kriya Yoga, Meditation Initiation into Kriya Yoga, Meditation	08:00 Seva 10 -11.00 Fragen & Antworten Question & Answer
11:30 Meditation		11:30 Meditation
13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up
15.00 Video mit/of P. Hariharananda oder/or P. Prajnanananda	15.00 Video mit/of P. Hariharananda oder/or P. Prajnanananda	15.00 Video mit/of P. Hariharananda oder/or P. Prajnanananda
18:00 Vortrag über Kriya Yoga, Meditation für alle Introductory Lecture & Meditation for all	18-19.00 Vortrag /Lecture	18-19.00 Vortrag /Lecture
20.30 Abendessen / Dinner Abwasch / Clean up	19:30 Meditation 20.30 Abendessen / Dinner Abwasch / Clean up	19:30 Meditation 20.30 Abendessen / Dinner Abwasch / Clean up
21:00 Self-study & Rest Selbststudium & Ruhe	21:00 Self-study & Rest Selbststudium & Ruhe	21:00 Self-study & Rest Selbststudium & Ruhe