



Paramahansa Hariharananda

KRIYA YOGA

Seminar with



Paramahansa Prajnanananda

Swami Mangalananda Giri

19th-21th November 2010

Friday	19.11.10	18.00	Introductory lecture Meditation for all	Sunday	21.11.10	06.15	Meditation
						09.00	II. Kriya Meditation (only for those initiated in 2. Kriya)
Saturday	20.11.10	6.15	Meditation (CD) (only for initiated people)			10.30	Question & Answer
		09.00	Initiation into Kriya Yoga Explanation of technique Meditation			11:30	Meditation
		16.30	Explanation of technique, Meditation			15.00	Video of Paramahansa Hariharananda or Prajnanananda
		19.00	Meditation			16.30	Meditation
						19.00	Meditation (CD)

Only initiated persons are allowed to attend the Kriya Yoga Meditations

*Initiation into the authentic Kriya Yoga: **Saturday 20th November 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.