



Paramahansa Hariharananda

# KRIYA YOGA

**Seminar with**



Paramahansa Prajnanananda

## **Swami Mangalananda Giri** **Swami Gurukrupananda Giri and Brahmacharini Dhyanamayee** **30<sup>th</sup> July – 01<sup>st</sup> August 2010**

<b>Friday</b>	<b>30.07.10</b>	<b>18.00</b>	Introductory lecture Meditation for all	<b>Sunday</b>	<b>01.08.10</b>	<b>06.15</b>	Meditation
<b>Saturday</b>	<b>31.07.10</b>	<b>6.15</b>	Meditation (CD) <i>(only for initiated people)</i>			<b>09.00</b>	II. Kriya Meditation <i>(only for those initiated in 2. Kriya)</i>
		<b>09.00</b>	Initiation into Kriya Yoga			<b>10.30</b>	Question & Answer
			Explanation of technique			<b>11.30</b>	Meditation
		<b>16.30</b>	Explanation of technique, Meditation			<b>15.00</b>	Video of Paramahansa Hariharananda or Prajnanananda
		<b>19.00</b>	Meditation			<b>16.30</b>	Meditation
						<b>19.00</b>	Meditation (CD)
				<i>Only initiated persons are allowed to attend the Kriya Yoga Meditations</i>			

*Initiation into the authentic Kriya Yoga: **Saturday 31st July 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.