

Lecture on Kriya Yoga Meditation

by



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Yogacharya Claudia Cremers is a long term disciple and a teacher authorised by Paramahamsa Hariharananda and by Paramahamsa Prajnanananda, who is the current master in the lineage of the authentic Kriya Yoga.

6 January 2011, 19.30 h
In "Tyddewi" – bookshop and spiritual centre

Weissenbruchstr. 34, The Hague Info: 070 324.25.89

www.kriyayoga-meditatie.nl