



Kriya Yoga Seminar

with



## Swami Mangalananda Giri

## 29th-31st July 2011

Friday	29.07.11	18.00	Introductory lecture Meditation for all	Sunday	31.07.11	06.15 09.00	Meditation II. Kriya Meditation (only for those initiated in 2. Kriya)
Saturday	30.07.11	06.15	Meditation (CD)			10.30	Question & Answer
			(only for initiated people)			11.30	Meditation
		09.00	Initiation into Kriya Yoga			15.00	Video of Paramahamsa
			Explanation of technique				Hariharananda or Prajnanananda
			Meditation			16.30	Meditation
		16.30	Explanation of technique, Meditation			19.00	Meditation (CD)
		19.00	Meditation	Only initiat	ted persons a	re allowed	I to attend the Kriya Yoga Meditations

Initiation into the authentic Kriya Yoga: Saturday 30<sup>th</sup> July 2011 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.



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