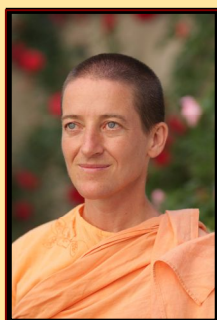




## with



# Swami Mangalananda Giri

# 18<sup>th</sup> - 20<sup>th</sup> November 2011

Friday	18.11.11	18.00	Introductory lecture Meditation for all		Sunday	20.11.11	06.15 09.00	Meditation II. Kriya Meditation <i>(only for those initiated in 2. Kriya)</i>
Saturday	19.11.11	06.15	Meditation (CD) <i>(only for initiated people)</i>				10.30 11.30	Question & Answer Meditation
		09.00	Initiation into Kriya Yoga Explanation of technique Meditation				15.00	Video of Paramahansa Hariharananda or Prajnanananda
		16.30	Explanation of technique, Meditation				16.30 19.00	Meditation Meditation (CD)
		19.00	Meditation					
				<i>Only initiated persons are allowed to attend the Kriya Yoga Meditations</i>				

*Initiation into the authentic Kriya Yoga: Saturday 19<sup>th</sup> November 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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