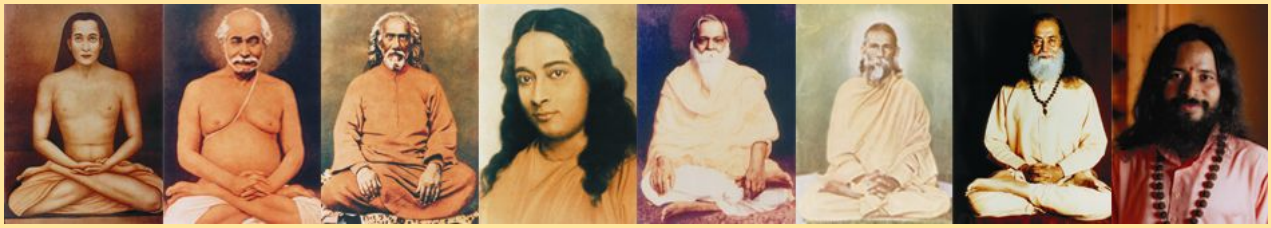
KRIYA YOGA



Kriya Yoga Seminar with

Swami Gurukrupananda Giri

and Brahmachari Dhirananda

7th - 9th Oktober 2011

Friday	7.10.11	18.00	Introductory lecture Meditation for all
Saturday	8.10.11	06.15	Meditation *(only for initiated people)*
		09.00	Initiation into Kriya Yoga Explanation of technique Meditation
		16.30	Explanation of technique, Meditation
		19.00	Meditation

Sunday	9.10.11	06.15	Meditation
		09.00	II. Kriya Meditation *(only for those initiated in 2. Kriya)*
		10.30	Question & Answer
		11.30	Meditation
		15.00	Video of Paramahamsa Hariharananda or Prajnanananda
		16.30	Meditation
		19.00	Meditation

Only initiated persons are allowed to attend the Kriya Yoga Meditations

Initiation into the authentic Kriya Yoga: Saturday 8th Oktober 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.

For those Kriya Yoga disciples, that received initiation within the last two years, this weekend is an opportunity to refresh your Kriya Yoga technique and will help you to deepen your practice. For these recent initiates there is no fixed cost but any offerings you make will be appreciated. You can attend the initiation ceremony as well as the classes of explanation of the technique, question & answer and guided meditations.

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.

KRIYA YOGA

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