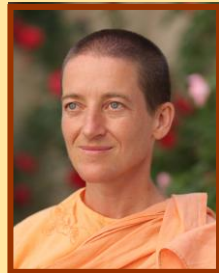




Kriya Yoga Christmas and New Year Seminar with



Swami Mangalananda Giri and Yogacharya Uschi Schmidtke 23rd December 2011 - 01st January 2012

Friday	23.12.11	06.00pm	Introductory lecture Meditation for all	Tuesday	27.12.11			as Dec. 25, 2011
Saturday	24.12.11	06.45am 09.00am	Silent Meditation Initiation into Kriya Yoga, Explanation of technique Meditation	Wednesday	28.12.11			as Dec. 26, 2011
		04.30pm 20.30pm	Meditation Christmas Meditation	Thursday	29.12.11			as Dec. 25, 2011
Sunday	25.12.11	06.45am 09.30am	Meditation II. Kriya (only those initiated in 2. Kriya)	Friday	30.12.11	06.45am 11.30am 03.00pm	Meditation Meditation Video of P. Hariharananda or P. Prajnanananda	
		11.30am 03.00pm	Meditation Video of P. Hariharananda or P. Prajnanananda			04.00pm 06.00pm	Meditation Introductory lecture Meditation for all	
Monday	26.12.11	06.45am 09.00am	Meditation Silent Forest Walk	Saturday	31.12.11	06.45am 09.00am	Silent Meditation Initiation into Kriya Yoga, Explanation of technique Meditation	
		11.45pm 15.00pm	Meditation Video of P. Hariharananda or P. Prajnanananda			04.30pm 08.30pm	Satsang New Years Meditation	
		04.30pm 07.00pm	Lecture and Meditation Meditation	Sunday	01.01.12	06.45am 10.30am 11.30am	Meditation Silent forest walk Meditation	

Only initiated persons are allowed to attend the Kriya Yoga Meditations!

*Initiation into the authentic Kriya Yoga: **Saturday 24th and 31st December 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.

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.

