



Kriya Yoga Seminar





Swami Mangalananda Giri and Yogacharya Uschi Schmidtke 30th March – 1st April 2012

Friday	30.03.12	18.00	Introductory lecture Meditation for all	Sunday	01.04.12	06.15 09.00	Meditation II. Kriya Meditation (only for those initiated in 2. Kriya)
Saturday	31.03.12	06.15	Meditation (CD) (only for initiated people)			10.30	Meditation Ouestion & Answer
		09.00	Initiation into Kriya Yoga Explanation of technique Meditation			14.30 16.00	Video of Paramahamsa Hariharananda or Prajnanananda Meditation
		16.00	Explanation of technique, Meditation			19.00	Meditation (CD), optional
		19.00	Meditation (optional)	Only initia	ted persons a	re allowed	to attend the Kriya Yoga Meditations

Initiation into the authentic Kriya Yoga: **Saturday 31st March 2012**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 \in 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 / 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.

