



Kriya Yoga Seminar





Swami Mangalananda Giri and Yogacharya Uschi Schmidtke

20th -22nd July 2012

Friday	20.07.12	18.00	Introductory lecture Meditation for all
Saturday	21.07.12	06.15	Meditation (CD)
		09.00	(only for initiated people) Initiation into Kriya Yoga Explanation of technique Meditation
		16.00	Explanation of technique, Meditation
		19.00	Meditation (optional)

Sunday	22.07.12	06.15	Meditation
- Curracy		09.00	II. Kriya Meditation
			(only for those initiated in 2. Kriya)
		10.30	Meditation
			Question & Answer
		14.30	Video of Paramahamsa
			Hariharananda or Prajnanananda
		16.00	Meditation
		19.00	Meditation (CD), optional

Only initiated persons are allowed to attend the Kriya Yoga Meditations

Initiation into the authentic Kriya Yoga: **Saturday 21st July 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.

