



Baba Hariharananda's Birthday Seminar with



Yogacharya Uschi Schmidtke

25th-28th May 2012

Friday	25.05.12	06.00	Introductory lecture Meditation for all	Sunday	27.05.12	06.15	Meditation
						08.30	Seva
Saturday	26.05.12	06.15	Meditation (CD) <i>(only for initiated people)</i>			09.00	II. Kriya Meditation <i>(only for those initiated in 2. Kriya)</i>
		09.00	Initiation into Kriya Yoga			11.00	Meditation
			Explanation of technique			16.30	Technical Questions See extra program to Baba Hariharananda's Birthday
		16.00	Explanation of technique, Meditation			19.00	Meditation
		19.00	Meditation (optional)	Monday	28.05.12	06.15	Meditation (CD), optional
						09.00	Video of Paramahansa Hariharananda or Prajnanananda
						11:30	Meditation

Only initiated persons are allowed to attend the Kriya Yoga Meditations

*Initiation into the authentic Kriya Yoga: **Saturday 26th May 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 € 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.