



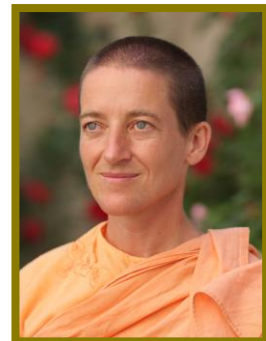
Ashram Foundation Seminar

September 5- 10, 2012

with Swami Atmavidyananda Giri,

Peter van Breukelen, Swami Mangalananda Giri

and other authorised Yogacharyas



September 5, 2012	September 6, 2012	September 7, 2012
06:00 Meditation	<u>14. Ashram Gründungstag</u> <u>14th Ashram Foundation Day;</u>	06:00 Meditation
07:30 Frühstück / Breakfast Abwasch / Clean up	06:00 Meditation	07:30 Frühstück / Breakfast Abwasch / Clean up
08:00 Seva	07:30 Frühstück / Breakfast Abwasch / Clean up	08:00 Seva
10:15-11:15 Vortrag /Lecture	09.00 Feuerzeremonie Fire Ceremony	10:15-11:15 Vortrag /Lecture
11:30 Meditation	13:00 Mittagessen / Lunch Abwasch / Clean up	11:30 Meditation
13:00 Mittagessen / Lunch Abwasch / Clean up	15.00 Video mit/of P. Hariharananda oder/or P. Prajnanananda	13:00 Mittagessen / Lunch Abwasch / Clean up
14.00 Seva	17.00 -19.00 Celebration	14.30 Video mit/of P. Hariharananda oder/or P. Prajnanananda
16:30 Fragen & Antworten -17.30 Question & Answer	19:30 Meditation	15:30 Meditation
18-19.00 Vortrag /Lecture	20.45 Abendessen / Dinner Abwasch / Clean up	18:00 Vortrag über Kriya Yoga, Meditation für alle Introductory Lecture & Meditation for all
19:30 Meditation		20.30 Abendessen / Dinner Abwasch / Clean up
20.45 Abendessen / Dinner Abwasch / Clean up		

September 8, 2011	September 9-10, 2011	Termine/dates II. Kriya
<p>06:00 Sacred Chanting, Meditation (nur für Eingeweihte in den 1. Kriya) (only for those initiated into 1st Kriya)</p> <p>07:30 Frühstück / Breakfast Abwasch / Clean up</p> <p>09:00 Einweihung in den authentischen Kriya Yoga, Initiation into Kriya Yoga, Meditation</p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p>15:30 Erklärung der Technik, Meditation Explanation of technique</p> <p>18-19.00 Vortrag /Lecture</p> <p>19:30 Meditation</p> <p>20.45 Abendessen / Dinner Abwasch / Clean up</p>	<p>06:00 Sacred Chanting, Meditation</p> <p>07:30 Frühstück / Breakfast Abwasch / Clean up</p> <p>08:00 Seva</p> <p>10:15 Fragen & Antworten -11.15 Question & Answer</p> <p>11:30 Meditation</p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p>15.00 Video mit/of P. Hariharananda oder/or P. Prajnanananda</p> <p>16:30 Fragen & Antworten -17.30 Question & Answer</p> <p>18-19.00 Vortrag /Lecture</p> <p>19:30 Meditation</p> <p>20.45 Abendessen / Dinner Abwasch / Clean up</p>	<p>September 5, 2012 8.30 II.Kriya Einweihung / Initiation * (nur nach dreijähriger regelmäßiger Kriyapraxis und Absprache mit einem Lehrer vor dem Retreat) * (only after practising first Kriya at least 3 years regularly and permission of a teacher prior to the retreat)</p> <p>September 7 + 9, 2012 8:30 II.Kriya Meditation (nur für Eingeweihte in den 2. Kriya) (only for those initiated into 2nd Kriya)</p>

Retreat Information:

<p>Only initiated persons are allowed to attend the Kriya Yoga Meditations.</p> <p>New initiates should participate for at least three meditations in order to reinforce their meditation technique.</p> <p>All initiates can chose to attend only individual specific parts of the programme.</p> <p><u>For the initiation you need:</u></p> <p>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.</p> <p>Please bring blankets and cushions. Loose and comfortable clothing is recommended.</p>
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Payment:

Payments are due in advance before the seminar and we have 2 price options:

- a) € 55.- per day, which include the seminar, the over-night stay at the ashram and all meals or
- b) € 45.- per day, which include the seminar and all meals only

In the event of a cancellation there is a non-refundable fee of 10%.

You can pay for the whole seminar either by credit card or by wire transfer and you will then receive a receipt for the payments made.

To register, please follow the instructions on the calendar event page:

http://www.kriya.org/calendar__event.php?id=1699

Concessions available on request

For any other requirement and/or exception to the general rules and guidelines, please contact us.



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