



KRIYA INTENSIVE RETREAT 2024

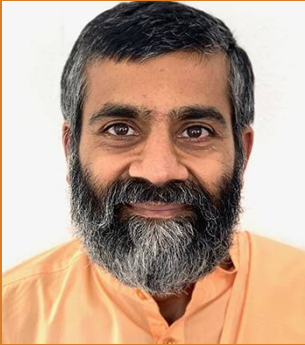
(Open for only initiated kriyavans from the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda)

15-17 November

Topic : Intensify your sincerity and love for Spiritual life

Location : Disciple's house, Hopkinton MA

(Please Register for more Details)



Swami

Purnatmananda Giri

Swami

Adhyatmananda Giri

The three day retreat will have Guided Meditations, Discourses, interactive Q&A and Lunch/Dinner.

Schedule for each day

November 15, Friday - 6:30 pm to 9:30 pm

November 16, Saturday- 9:30 am to 7:30 pm

November 17, Sunday 9:30 am to 4:30 pm

Suggested donation: 70\$ for the entire weekend retreat(10\$ for Friday, 30\$ each for Saturday and Sunday), please talk to us if you want to participate and can't offer. Any other donation towards Ashram activities is welcome

Please Register on : [Boston Intensive Kriya Retreat 2024](#)



kriya.org | tel: 978-852-5329 | email: boston-ma@kriya.org



KRIYA INTENSIVE RETREAT 2024

Detailed Schedule

November 15, Friday

6:30PM - Retreat begins by lighting lamp

6:45PM - 7:15PM - Discourse and Discussion (part -1) - qualities to be developed by spiritual seeker

7:25 PM - 8:25PM - Guided meditation

8:30PM - 9:30PM - dinner and clean up

November 16, Saturday

9:30AM - 10:30AM - Discourse and Discussion (part -2) - qualities to be developed by spiritual seeker

10:45AM - 12:00PM - First Kriya Meditation and second kriya meditation split

12:15PM - 1:15PM - Lunch and clean up

1:15PM - 2:30PM - quiet time, rest/study/walk or book sale(Optional Video time)

2:30PM-3:30PM - Benefits of Kriya Yoga and Q&A

3:45PM - 4:45PM - Discourse and Discussion (part -3) - qualities to be developed by spiritual seeker

5:00PM - 6:00 pm - First Kriya Meditation

6:30PM - 7:30PM - dinner and clean up

November 17, Sunday

9:30AM - 10:30AM - Birthday of Satyanandaji. Life and teachings of Swami Satyanandaji

10:45AM - 12:00PM - First Kriya Meditation and second kriya meditation

12:15PM - 1:15PM - Lunch and clean up

1:15PM - 2:30PM - quiet time, rest/study/walk or book sale(Optional Video time)

2:30PM - 3:15 PM - final session on qualities to be developed by spiritual seeker(part 4)

3:30PM - 4:30PM - First Kriya Meditation and conclude retreat

