

Kriya Yoga Hiking Retreat in the Nationalpark
2nd August – 8th August 2025
with Swami Mangalananda and
Swami Karunananda

2nd August

From 3 pm till

5 pm Arrival

6 pm Meditation, afterwards dinner

3rd August

06:30 am Meditation, afterwards breakfast

09:30 am Initiation/Meditation
afterwards lunch + hike

6 pm Meditation, afterwards dinner and satsang

4th August

6 am Meditation, afterwards breakfast

Hike with meditation and picnic

6 pm Meditation, afterwards dinner

5th-7th August

Programm as on 4th August

8th August

6 am Meditation, afterwards breakfast, seva and
departure

Place of event: **Chesa Quattervals**
Via Maistra 105
7525 S-chanf

Costs

Price for the retreat CHF 550.-

including meditations, accommodation and meals

Costs for cable cars and train for hikes extra

Venue

Arrival: By train till S-chanf, 3 minutes from the train station

Free parking at the bottom of the house

All infos on <https://www.quattervals.ch/>



Information and registration

Kriya Yoga Group Zurich

Christine Glauser

Tel: +41 (0) 79 485 97 34

Email: glauserch@bluewin.ch

