

Kriya Yoga Hiking Retreat in Toggenburg
3 August - 9 August 2024
with Swami Mangalananda and
Swami Karunananda

Saturday, 3 August

from 3pm till

5 pm Arrival

6 pm Meditation, afterwards dinner

Sunday, 4 August

06:30 am Meditation, afterwards breakfast

09:30 am Initiation/Meditation
afterwards lunch, hike

about 6 pm Meditation, afterwards dinner and satsang

Monday, 5. August

06:30 am Meditation, afterwards breakfast

Hike with meditation, picnic
about 6 pm Meditation, afterwards dinner

Tuesday, 6 till Thursday, 8 August 2024

Programme as on 5 August

Friday, 9 August 2024

06:30 am Meditation, , afterwards breakfast,
seva and departure

Place of event: Frauenfelderhaus
Oberdorfstrasse 2
9658 Wildhaus

Costs

Price for the retreat CHF 490.-
including meditations, accommodation and meals
Cable cars for hikes extra

Venue

Arrival: By train till Wattwil and then by bus to Wildhaus,
Lisighaus

Pickup service at 3:46 pm and 4:46 pm.

Free parking in front of the house.

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



Information and registration

Kriya Yoga Group Zurich

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