



## Intensiv-Retreat in Bad Wörishofen

**Intensive Retreat in Bad Wörishofen  
Friday, 12th to Sunday, 14th May 2023**

**with Yogacharya Histas Damania**



### Welcome to the Programme!

#### **Friday, 12 May**

9:00 - 10:00 Lecture „Kri and Ya in everyday life“.  
10:30 - 12:00 Kriya 1 Meditation  
12:00 -13:30 lunch together  
Break  
14:30 -15:30 Meditative Walk  
16:00 -17:30 Lecture/Conversation, Q & A,  
18:00 -19:30 Kriya 1 Meditation

#### **Saturday, 13 May**

7:30 - 9:00 Kriya 2 Meditation  
9:15 -10:15 Discussion  
10:30 -11:45 Kriya 1 Meditation  
12:00 - 13:00 Lunch (together)  
14:00 -15:00 Meditative Walk  
Break  
16:00 -17:30 Lecture „ Cultivating Inner Peace“, Q & A  
18:00 -19:30 Kriya 1 Meditation

#### **Sunday, 14 May**

7:00 - 8:00 „Early Bird“ walk in silence  
8:30 - 10:00 Kriya 1 Meditation  
10:30 -11:30 Lecture  
12:00 - 13:00 Lunch (together)  
Break  
14:00 - 15:30 Lecture/conversation, Q & A or musical activities  
15:45 - 17:00 Kriya 1 Meditation

There may be time variations!

#### **(Optional) Monday, 15 May**

Meditative walk, duration depending on weather....  
In good weather until early afternoon.

#### **Venue:**

Haus zum Gugger  
Bachstrasse 16  
86825 Bad Wörishofen

## **!WELCOME TO THE KRIYA-RETREAT!**

### **Please bring**

Water bottle/drink

For meditation:

Blanket, warm socks, cushion, preferably comfortable clothes, notebook and writing utensils if necessary.

For the meal (if possible in terms of travel): Plates, cutlery, cups

For walks: sturdy shoes, weatherproof clothing, umbrella, Seat pad

### **Donation**

Initially we had calculated a seminar fee of 43 € per day including a warm vegan or vegetarian lunch.

(16 € half day without food) in order to cover the expenses such as premises, travel costs from Histas, ... etc.

But we would now like to dare to offer the retreat on a voluntary donation basis, so that everyone can give according to his or her own possibilities.

### **Catering**

A vegetarian or vegan lunch is planned for all three days of the seminar.

vegan lunch (delivery service, probably about 9-12 €), which we would like to eat together.

Please let us know when you register for the seminar (in writing) whether you would like to have the meal. Payment will then be made in cash, if possible, before the seminar begins.

Breakfast and dinner: self-catering.

### **Parking**

Parking is not possible directly in front of the Guggerhaus (fire brigade access road and private parking spaces are in front of the house, so please keep clear).

Free parking can usually be found in the side streets near the Guggerhaus. However, please allow enough extra time to find a parking space.

If you don't mind a little exercise, you can park at the end of the Gammenriederstraße at the roadside (no guarantee), approx. 10 min walk.

Parking is available for a fee:

[https://rathaus.bad-woerishofen.de/info\\_service/was\\_erledige\\_ich\\_wo/m-s/Parken\\_in\\_Bad\\_Woerishofen.html](https://rathaus.bad-woerishofen.de/info_service/was_erledige_ich_wo/m-s/Parken_in_Bad_Woerishofen.html)

- Parking deck, Kneipp Foundations, Fidel-Kreuzer-Str., fee: first 1/2 hour free, each additional hour or part thereof € 1.00, per day € 6.

### **Walk on Monday (optional)**

Weather permitting, we will have a half-day walk with the group in the morning. probably to a hill in the Allgäu not too far away. The event is expected to end in the early afternoon.

(carpooling is planned).

**Accommodation**

Please book your own accommodation according to your own taste and budget e.g. at:

<https://www.bad-woerishofen.de/kultur-uebernachten/gastgeber/unterkuenfte/unterkuenfte>

<https://www.booking.com>

<https://www.fewo-direkt.de>

If you are looking for a room partner, please contact me.  
If possible, I will connect seekers with each other.

**Notes**

Please arrive at least 15 minutes before the seminar starts.  
The seminar will be held in English (with German translation!).

Only persons initiated in Kriya Yoga can participate in the meditations.  
can participate.

All programme points can also be attended individually by initiated persons.  
can also attend individually.

Participation in the lectures is open to interested persons.  
A donation is requested.

**Info and registration**

Kriya Yoga Allgäu  
(on behalf of the organisation  
Kriya Yoga Centre Vienna)

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mobile+49 151 20687741  
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Please register in writing!

**Venue**

Event hall (ground floor)  
House „Zum Gugger“  
Bach Street 16  
86825 Bad Wörishofen



„Haus zum Gugger“