

**Visit of the Kriya Yoga Master Paramahansa Prajnanananda in Poland, June 10 – 15, 2023**  
**Wilga**  
**Fundraising retreat for Kriya Yoga Ashram in Poland**

The visit of Kriya Yoga Master in Poland is a unique event. Previously, Paramahansa Prajnanananda visited Poland 8 years ago. Then his visit planned in 2020 was canceled due to the pandemic. Since the pandemic started, Paramahansa Prajnanananda has been in silence. During his darshans, he used a slate on which he wrote down messages, which were then read by one of the teachers or swamis. This tremendous renunciation and sacrifice has come to an end and our Master continues his pilgrimage, imparting knowledge and bestowing blessings on people and places wherever he appears. The visit of the Master to Poland, after such a long expectancy period, is a great blessing for us, the greater that he will also support the fundraising for the construction of the Kriya Yoga Ashram in Poland, for which Polish Kriyavans have been preparing for several years. Paramahansa Prajnanananda will be accompanied by Swami Achalananda Giri and Swami Karunananda Giri.

**This program is only for Kriyavans, i.e. persons already initiated into Kriya Yoga (there will be no initiation during this program)**

**I. Date of retreat**

**June 10-15, 2023** (arrival to the retreat place on Saturday, June 10th, the first meal on that day at 1:00 pm/lunch and departure on Thursday, June 15th, the last meal on that day at 1:00 pm/lunch)  
**The entire program lasts 6 days (5 nights).**

**II. Retreat program**

**10.06.2023 (Saturday)**

11:00 - meditation  
13:00 - lunch  
16:00 - opening lecture  
17:30 - meditation  
19:00 - dinner  
20:00 - artistic program/film

**11.06.2023 (Sunday)**

6:30 - I + II Kriya meditation  
8:00 - breakfast  
10:00 - lecture  
11:00 - meditation  
13:00 - lunch  
15:00 - auction for Polish ashram  
16:30 - lecture  
17:30 - meditation  
19:00 - dinner  
20:00 - artistic program/film

**12.06.2023 (Monday)**

6:30 - I + II Kriya meditation  
8:00 - breakfast  
10:00 - lecture  
11:00 - meditation  
13:00 - lunch

16:30 - questions & answers  
17:30 - meditation  
19:00 - dinner  
20:00 - artistic program/film

### **13.06.2023 (Tuesday)**

6:30 - I +II Kriya meditation  
8:00 - breakfast  
10:00 - lecture  
11:00 - meditation  
13:00 - lunch  
16:30 - lecture  
17:30 - meditation  
19:00 - dinner  
20:00 - artistic program/film

### **14.06.2023 (Wednesday)**

6:30 - I +II Kriya meditation  
8:00 - breakfast  
10:00 - lecture  
11:00 - meditation  
13:00 - lunch  
16:30 - questions & answers  
17:30 - meditation  
19:00 - dinner  
20:00 - artistic program/film

### **15.06.2023**

6:30 - I +II Kriya meditation  
8:00 - breakfast  
10:00 - lecture  
11:00 - meditation  
13:00 - lunch

### **III. Price list**

- Retreat program for people accommodated in the Cziamma Ling Center - **PLN 480 for the entire 6-day program**
- for people accommodated outside the Center - **PLN 90 for 1 day** (PLN 180 - 2 days, PLN 270 - 3 days, etc., the price includes additional costs: water, paper, toi toi, etc.)
- Accommodation in cottages from PLN 75 to PLN 95 per person per day
- common room/bunk beds and the so-called extra beds - PLN 55 per day/person
- common room/old Gompa - own foam pad and sleeping bag - PLN 40 per day/person
- tent - PLN 30 per day/person
- overnight stay in your own car - PLN 15/person
- stay in a private camper - PLN 50 per day/person

When assigning accommodation, we will take into account the accommodation option selected during registration, but due to the limited number of places, after registration, everyone will receive information about possible accommodation option and the amount to be paid.

**Only those taking part in the entire program will be accommodated in the retreat center (this rule does not apply to tents or campers).**

## **Meals**

breakfast PLN 22

lunch 37 PLN

dinner PLN 27

the price of meals includes the price for disposable biodegradable dishes

## **Payments**

Payment for the program and accommodation is possible only by bank transfer to the account of the Kriya Yoga Polska Association: after registering, everyone will receive feedback with the account number of the Association and the amount to be paid, as well as the date by which the money should be paid. Failure to pay within the specified period will result in removal from the list of participants and acceptance of new participants. Payment for meals on the day of arrival for the program, only in cash, to a person authorized by the company organizing the meals.

## **Applications/registration**

Due to the fact that the number of places in the meditation hall/gompa is limited, regardless of whether you will stay overnight at the Chiamma Ling Center, arrange your own accommodation in an external resort or you will commute daily, you must register for the program.

Applications only via the registration form

Sign up!

It is not possible to register by phone or e-mail!

## **Contact**

Danusia, email: [desadd@o2.pl](mailto:desadd@o2.pl), phone no. 0048 601 910 306

Dorota, email: [warszawa@kriya.pl](mailto:warszawa@kriya.pl), phone no. 0048 504 864 411 IV.

## **IV. Place**

Cziamma Ling Polska Buddhist Center in Wilga, Aleja Huberta 4

[https://ligmincha.pl/osrodek-cziamma-ling/!](https://ligmincha.pl/osrodek-cziamma-ling/)

## **Access to the Chiamma Ling Center on Al. Hubert 4**

Access from Warsaw by bus from the Dworzec Wschodni from ul. Lublin.

The bus schedule can be found on the buddist center website (please use link above). Get off at the Wilga – Ośrodki Wczasowe stop, then turn right at Al. Hubert almost to the end. Follow around 800 meters until Chiamma Ling Center, which is situated on the left.

Access from Warsaw by car. Pay attention to the last kilometer: the Google map is inaccurate, it does not contain a fragment of Al. Huberta, which crosses the DW801 road and which is the shortest access to the center. On the website of the center you will find detailed information on how to get there.

## **Description of the Center**

We will have the entire center at our disposal ( the conditions and equipment are modest but neat) which includes:

- a large, new Temple - Gompa (we will meditate here, it will fit about 250 people)
- a smaller old Gompa (it will be possible to sleep on the floor here on your own foam pad and you must bring your sleeping bag, there is a carpet on the floor)
- 8 two-room houses with bathrooms and kitchenettes, 3 or 4-person rooms and 3-person rooms with a mezzanine (all houses/rooms have bedding, no towels)
- one two-room house with a bathroom for a family (4-5 beds)
- cottages for the Master and Swamis
- a house with common room with bunk beds for 10 persons, 5 bunk beds (toilets and showers available outside)
- dining room
- a building with publicly accessible showers and toilets
- you can come with your own tent, camper or sleep in your own car

In total, the center can offer 110 beds (apart from tents and campers). There may still be a few more places - extra beds available. However it may happen that there are not enough places in the center for everyone. Couples will not be accommodated together in the same room or house (there are separate houses for women and men, exceptions: function house / cooks and the so-called family house with a large double bed). However, if there are no more beds in the Chiamma Ling Center or if someone wants to participate only in a part of the program, e.g. 2-3 days, or couples who want to live together, they will be able to stay in external centers located near the Chiamma Ling Center.

- Świt Resort, contact: tel. 0048 600 966 425 (cottages, price PLN 70-120 per day/person)
- University of Technology Resort, tel. 0048 25 685 30 17
- An exclusive resort - Leisure and Business Park LAS and WODA, ul. Spokojna 1, tel. 0048 793 800 06 (<https://www.las-woda.pl/hotel/pokoje>)
- in the village of Wilga there are also other holiday centers, holiday resorts, guesthouses that can be searched on the Internet

## **Additional information**

- Bring a blanket and a meditation pillow.
- Due to the fact that the resort is surrounded by forests, it must be taken into account that even in summer there are high humidity and lower temperatures in the center.
- It's also quite cold in Gompa (new and old), so it's worth taking something warmer to wear, warm socks (maybe even a blanket to cover yourself with).
- You cannot enter the resort by car (we park in front of the entrance to the resort).
- There is a wi-fi available.
- In the cottages you can prepare some food, but a regular cooking would be difficult. The kitchenettes are small and poorly equipped.
- In the village of Wilga there are general groceries and hygiene shops.