



Kriya Yoga Centre Vienna

Easter Retreat 7 – 10 April



Yogacharya Histas Damania

Registration

Programme

Friday

04:00 pm Satsang

06.30 pm Meditation

Saturday /Sunday

06:00 am Meditation

10:00 am Class

11:30 am Meditation

Costs

Weekend Seminar € 116,-

(including overnight stay and meals)

Weekend Seminar € 90,-

(including meals)

Vegetarian cuisine.

Mealtimes: 7.30, 13.00 and after evening meditation.

More Info

Please bring a blanket/yoga mat, a

02:30 pm Video
04:00 pm Class
06.30 pm Meditation

cushion and socks with you.
We also recommend loose and comfortable clothing.

Monday

6:00 am Meditation
10:00 Uhr Class
11:30 Uhr Meditation

- Only initiated persons are allowed to attend the Kriya Yoga Meditations
- All initiates can chose to attend only individual specific parts of the programme.
- New initiates should participate for at least three meditations in order to reinforce their meditation technique.

We look forward to welcoming you soon.
Ihr Kriya Yoga Team

Corona Regulations:

Please visit our events only symptom-free.



Kriya Yoga Centre Vienna

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www.kriya.org · www.kriya.eu · info.kriya.eu

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