

# Kriya Yoga Retreat

RETREAT 21-29 JULI

THE KRIYA YOGA FUNDRAISING RETREAT IS SITUATED IN THE BEAUTIFUL GLASKOGEN NATURE RESERVE AND OFFERS A UNIQUE PROGRAM WITH GUIDED MEDITATIONS BY KRIYA YOGA TEACHER RAJARSHI PETER VAN BREUKELLEN. KRIYA YOGA IS A GOLDEN OPPORTUNITY TO REACH HIGHER STATES OF CONSCIOUSNESS AND CHANGE YOUR LIFE, BY DEVELOPING THE BODY, MIND, INTELLECT AND SOUL AWARENESS. THE SIMPLE TECHNIQUE OF KRIYA YOGA IS FOR EVERYONE.

THE PROGRAM CONSISTS OF:

2 DAILY MEDITATIONS

HATHA YOGA CLASSES

NATURE WALKS IN THE GLASKOGEN NATURE RESERVE

CANOE TRIP ON THE BEAUTIFUL LAKES WITH PICNIC

CAMPFIRE SHARING

SWIMMING & BOATING IN THE SHIMMERING BLUE LAKES

TIME FOR PERSONAL CONTEMPLATION AND RELAXATION

Lakeside Retreat

DATE: FRIDAY 21 JULY - SATURDAY 29 JULY

PRICE: 750 EURO (INCLUDES ACCOMMODATION AND ALL MEALS, PART OF THE FEE WILL BE DONATED TO FOUNDATION HAND IN HAND)

LOCATION: LAKESIDE RETREAT CENTER, GLASKOGEN NATURE RESERVE, GLAVA (GOOGLE MAPS: 'LAKESIDE RETREAT SWEDEN')

LANGUAGE: ENGLISH

REGISTRATION AND INFORMATION VIA EMAIL: [INFO@LAKESIDERETREAT.ORG](mailto:INFO@LAKESIDERETREAT.ORG)

GIRI PRINS & NICOLE PRINS-BAARS / PHONE: +46-73-0777357

[WWW.LAKESIDERETREAT.ORG](http://WWW.LAKESIDERETREAT.ORG) / [WWW.KRIYA.ORG](http://WWW.KRIYA.ORG) / [WWW.HANDINHAND.AT](http://WWW.HANDINHAND.AT)

NOTE! THIS KRIYA YOGA PROGRAM IS OPEN TO ANYONE WHO HAS ALREADY STARTED PRACTICING KRIYA YOGA FROM AN AUTHORIZED TEACHER. YOU CAN BE INITIATED DURING THE COURSE OF THE PROGRAM, ON JULY 22. IF YOU WOULD LIKE TO PARTICIPATE BUT ARE NOT YET INITIATED, PLEASE CONTACT US.

