



# Kriya Yoga Initiation program November 24–27, 2023 with Yogacharya Histas Damania

Location: Mācību centrs "Mežmāja",  
Laucienes pagasts, Talsu novads



## Friday, 24<sup>th</sup> of November

Starting from 14.00 Arrival at the Mežmāja

### 16.00–17.30 Introductory lecture

18.00–19.30 Kriya meditation

20.00 Dinner and bedtime

## Saturday, 25<sup>th</sup> of November

06.30 Kriya meditation

08.00 Breakfast

### 09.00–12.00 Initiation and fire ritual

12.30 Lunch and free time

15.00–16.30 Class. Explanation of technique

17.00–18.30 Kriya meditation

19.00–19.30 Questions and answers

20.00 Dinner and bedtime

## Sunday, 26<sup>th</sup> of November

06.30 Kriya meditation

08.00 Breakfast

09.30–10.30 Class

10.30–12.30 1st and 2nd Kriya meditation

12.30 Lunch and free time

13.30–15.30 Meditative walking

16.00–17.00 Questions and answers

18.00–19.30 Kriya meditation

20.00 Dinner and bedtime

## Monday, 27<sup>th</sup> of November

06.30 Kriya meditation

08.00 Breakfast, leave rooms

10.00–11.00 Class

11.30–13.00 Kriya meditation

Until 13.30 Ending of the program with gratitude

## Donation for participation in the program:

- Minimum donation for the initiation into
  - First Kriya Yoga – **100 €**
  - Second Kriya Yoga – **150 €**
- All days **70 €**  
(for members of association **60 €**)
- Payment per day if paid separately **40 €**

All the donations will be sent to the Mother Center of Europe

## Additional costs:

- Accommodation **20 €/per day**
- Estimated price per meal **5 €**

## Booking details:

It is **mandatory** to fill in the application form and send it to e-mail address: [info@krija.lv](mailto:info@krija.lv) **till 17<sup>th</sup> of November**. You have to make payment for accommodation in two days after approval of participation, transferring money to Krija jogas biedrība Latvija with payment details: Accommodation fee. It is necessary to guarantee the accommodation, because number of rooms is limited.

For more information about the location please go to: [mezmaja.weebly.com](http://mezmaja.weebly.com)

**Program is organised by Krija jogas biedrība Latvijā** [www.krija.lv](http://www.krija.lv)

**Phone:** +371 26 563 233 Inna

**Important!** Only people who are initiated in Kriya Yoga and follow teachings of Paramahansa Hariharananda and Paramahansa Prajnanananda Lineage of Masters are allowed to participate in this intensive program.