



## Kriya Yoga Centre Vienna



**Swami Karunananda Giri**

## Kriya Yoga Seminar 23 - 25 February

**Introductory Lecture Friday 23.02.2024 at 6:30pm**

**Initiation into the authentic Kriya Yoga – Saturday 24.02.2024 – 9.00 am**

Registration

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### Programme

#### Friday

18.30 Introductory Lecture

#### Saturday

09.00 Initiation into Kriya Yoga,  
Meditation

16.00 Explanation of technique

### Following offerings you need for initiation:

\* **Five fruits** – representing the fruits  
of all our actions (the causal body)

\* **Five flowers** – representing the five  
senses (the astral body)

\* **Donation of € 150,-** – representing  
the gross body (the physical body)

17.30 Meditation

## Sunday

06.15 Meditation

10.00 Meditation

11.30 Question & Answers

16.00 Meditation

*- Only initiated persons are allowed to attend the Kriya Yoga Meditations*

*- All initiates can choose 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.*

## Costs

**Weekend Seminar € 116,-**  
(including overnight stay and meals)

**Weekend Seminar € 90,-**  
(including meals)

Vegetarian cuisine.

Mealtimes: after the morning, noon and evening meditation.

## More Info

Please bring a blanket, a cushion (available in the house if needed) and socks with you.

We also recommend loose and comfortable clothing.

**We look forward to welcoming you soon.**

**Ihr Kriya Yoga Team**



## Kriya Yoga Centre Vienna

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

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