



## Kriya Yoga Retreat – Kriya I + II,

**30th May – 05th June 2024,**

**with our European Acharyas &**

**Swami Divyasvarupananda Giri**

Mai 30, 2024 Thu	Mai 31, 2024 Fri	
Haupt-Halle	Haupt-Halle	Meditationshalle 2
<p>----- <b>Anreise /Arrival</b> -----</p> <p>18:30 Meditation</p> <p>20:15 Abendessen / Dinner Abwasch / Clean up</p>	<p>05:45 Chanten/Chanting</p> <p>06:00 Meditation (all)</p> <p>07:30 Frühstück / Breakfast Abwasch / Clean up</p> <p><b>08:30 Initiation in Kriya II</b></p> <p>11:30 Satsang</p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p><b>16:45-17.45 Vortrag /Lecture</b></p> <p>18:15 Meditation (II)</p> <p>20:15 Abendessen / Dinner Abwasch / Clean up</p>	<p>07:30 Frühstück / Breakfast Abwasch / Clean up</p> <p><b>08:30 Einweihung in den Kriya Yoga / Initiation into Kriya Yoga</b></p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p>15.00 Erklärung der Technik, Explanation of technique</p> <p>18:30 Meditation (I)</p>

Juni 1, Sa		Juni 2, 2024 Su
Haupt-Halle	Meditationshalle 2	Haupt-Halle
05:45 Chanten/Chanting		05:45 Chanten/Chanting
06:00 Meditation		06:00 Meditation
07:30 Frühstück / Breakfast Abwasch / Clean up		07:30 Frühstück / Breakfast Abwasch / Clean up
08:00 Seva*		<b>08:30 Paduka Puja</b>
<b>09:00 Higher Kriya</b>	<b>09:30 – 10:30 Satsang</b>	<b>10:30 – 11:30 Satsang</b>
11:00 Meditation (II including Part 3+4)	11:00 Meditation (I)	11:45 Meditation
13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up
14:45 Video		15:45 HiH Joy Konzert Yvonne Krüger-Schulte + Omid Bahadori
<b>16:15-17.00 Vortrag /Lecture</b>		<b>17:45 Satsang</b>
<b>17:15–17:35 Special Programme</b>		18:45 Kurze Pause / Short Break
<b>17:45 Satsang</b>		19:00 Meditation
18:45 Kurze Pause / Short Break		20:15 Abendessen / Dinner
19:00 Meditation		
20:15 Abendessen / Dinner		
Juni 2, Su	Juni 3+4, 2024 Mo + Tue	
Meditationshalle 2	Haupt-Halle	Meditationshalle 2
	05:45 Chanten/Chanting	
	06:00 Meditation	
	07:30 Frühstück / Breakfast Abwasch / Clean up	
	08:00 Seva*	
	<b>09:00-10:30 Higher Kriya (June3)</b>	<b>09:30 – 10:30 Satsang (June 3)</b>
	<b>09:30 – 10:30 Satsang (June 4)</b>	
11:00 Meditation	11:00 Meditation (II including Part 3+4)	11:00 Meditation (I)
13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up
	14:45 Video (June 3-4)	
	<b>16:15-17.00 Vortrag /Lecture</b>	
	<b>17:15–17:35 Special Programme</b>	
	<b>17:45 Satsang</b>	
	18:45 Kurze Pause / Short Break	
	19:00 Meditation	
	20:15 Abendessen / Dinner	

<b>Juni 5, 2024 Wed</b>		
<b>Haupt-Halle</b>		
05:45 Chanten/Chanting 06:00 Meditation 07:30 Frühstück / Breakfast Abwasch / Clean up 08:00 Seva * <b>09:30 – 10.30 Satsang</b>  11:00 Meditation 13:00 Mittagessen / Lunch Abwasch / Clean up  ----- <b>Seminar – ENDE</b> -----		
<i>Programmänderungen vorbehalten / Programme schedule is subject to change</i> * Seva = freiwillige Mithilfe / selfless service		

### **Retreat Informations:**

Simple accommodation at the Kriya Yoga Centre available. (more bedded rooms / dormitory)	Vegetarian cuisine. Mealtimes: after the morning, noon and evening meditation.
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Only initiated persons are allowed to attend the Kriya Yoga Meditations.  
New initiates should participate for at least three meditations in order to reinforce their meditation technique.  
All initiates can chose to attend only individual specific parts of the programme.

**Initiation into Kriya Yoga (I): Friday 31st May 2024, 9.00 am**

**For the initiation you need:**

Five flowers as a symbol of the five sense organs, five fruits as a symbol of all experiences and a donation of € 150,- as a symbol of the physical, astral and causal bodies.

Please bring blankets and cushions. Loose and comfortable clothing is recommended.

### **Important Infos about Kriya II**

#### **Initiation into Kriya Yoga (II): Friday 31st May 2024, 9.00 am**

This unique retreat at the Kriya Yoga Centre Vienna is a rare opportunity to learn and deepen your practice of the Higher Kriyas. Kriyavans will have the **opportunity to learn and practice the advanced Kriyas**, get clarifications on the techniques, as well as receive spiritual teachings and get insight into the deeper wisdom hidden in the scriptural texts.

All who have been initiated in any of the Higher Kriyas by authorized teachers of the lineage of Kriya Yoga of Paramahansa Hariharananda and Paramahansa Prajnanananda are welcome to attend this retreat. Second Kriya initiations are planned for those Kriyavans who have been practicing First Kriya for at least three years and have received permission prior to the retreat. Please contact us for more information about the initiation.

#### **For the initiation into 2nd Kriya you need:**

One rose flower with stem, one fruit and a donation of € 200,-.

### **Registration:**

To register, please use the following Link:

**Please register here!**

### **Payment:**

We have 2 price options:

- a) € 64,- per day, which include the seminar, the over-night stay at the ashram and all meals or
- b) € 51,- per day, which include the seminar and all meals only

After the registration and confirmation of your seminar contribution you are most welcome to pay cash at the Tattendorf Ashram.

*Concessions available on request*

*For any other requirement and/or exception to the general rules and guidelines, please contact us.*



SEMINAR PLACE: KRIYA YOGA CENTRE VIENNA

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