



Kriya Yoga Retreat – Kriya I + II

29th May – 04th June 2025

with our European Acharyas &

Swami Paripurnananda Giri

May 29, 2025 Thu	May 30, 2025 Fri	
Main Hall	Main Hall	Meditation Hall 2
	05:45 Chanten/Chanting	
	06:00 Meditation (all)	
	07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up
	09:00 Initiation in Kriya II	09:00 Einweihung in den Kriya Yoga / Initiation into Kriya Yoga
	11:00 Meditation (II)	11:30 Meditation (I)
----- Anreise /Arrival -----	13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up
	16:15-17.15 Video	15.00 Erklärung der Technik, Explanation of technique
	17:45 Satsang	
	18:45 Kurze Pause / Short Break	
18:30 Meditation	19:00 Meditation	
20:15 Abendessen / Dinner Abwasch / Clean up	20:15 Abendessen / Dinner Abwasch / Clean up	

May 31 + June 1, 2025 Sa + Su		
Main Hall	Meditation Hall 2	
05:45 Chanten/Chanting 06:00 Meditation 07:30 Frühstück / Breakfast Abwasch / Clean up 08:00 Seva* 09:00 Higher Kriya 11:00 Meditation (II including Part 3+4) 13:00 Mittagessen / Lunch Abwasch / Clean up 14:45 Video 16:15-17.00 Vortrag /Lecture 17:45 Satsang 18:45 Kurze Pause / Short Break 19:00 Meditation 20:15 Abendessen / Dinner	 09:30 – 10.30 Satsang 11:30 Meditation (I) 13:00 Mittagessen / Lunch Abwasch / Clean up	
June 2+3, 2025 Mo - Tue	June 2+3, 2025 Mo - Tue	June 4, 2025 Tue
Main Hall	Meditation Hall 2	Main Hall
05:45 Chanten/Chanting 06:00 Meditation 07:30 Frühstück / Breakfast Abwasch / Clean up 08:00 Seva* 09:30 – 10:30 Satsang 11:00 Meditation (II) 13:00 Mittagessen / Lunch Abwasch / Clean up 14:45 Video 16:15-17.00 Vortrag /Lecture 17:45 Satsang 18:45 Kurze Pause / Short Break 19:00 Meditation 20:15 Abendessen / Dinner Abwasch / Clean up	 11:00 Meditation (I) 13:00 Mittagessen / Lunch Abwasch / Clean up	05:45 Chanten/Chanting 06:00 Meditation 07:30 Frühstück / Breakfast Abwasch / Clean up 08:00 Seva* 09:30 – 10:30 Satsang (June 4) 11:00 Meditation 13:00 Mittagessen / Lunch Abwasch / Clean up ----- Seminar – ENDE -----
<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.

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 30st May 2025, 9.00 am (be at the centre by 8:30am)

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.

Imprtant Infos about Kriya II

Initiation into Kriya Yoga (II): Friday 30st May 2025, 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) € 79,- per day, which include the seminar, the over-night stay at the ashram and all meals or
- b) € 64,- 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 EUROPE

Pottendorferstraße 69 • 2523 Tattendorf • Austria • Tel.: +43-2253/81491 • E-Mail: kyc@kriya.eu

www.kriya.eu • www.kriya.org