



Kriya Yoga Retreat – Kriya I + II

29th May – 04th June 2026

with our European Acharyas &

Swami Vairagyananda Giri

May 29 - Fr	May 30 - Sat	
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 Higher Kriya - Class	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
		15:00 Erklärung der Technik, Explanation of technique
18:30 Meditation	16:15-17.15 Video	
20:15 Abendessen / Dinner Abwasch / Clean up	17:45 Satsang	
	18:45 Kurze Pause / Short Break	
	19:00 Meditation	
	20:15 Abendessen / Dinner Abwasch / Clean up	

May 31 + June 1, Su + Mo		
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 Class 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 (1.6. Q&A) 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, 2026 Tue - Wed	June 2+3, 2026 Tue - Wed	June 4, 2026 Thu
Main Hall	Meditation Hall 2	Main Hall
05:45 Chanten/Chanting 06:00 Meditation 07:30 Frühstück / Breakfast Abwasch / Clean up 08:00 Seva* 09:00 Higher Kriya Class 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	09:30 – 10.30 Satsang 11:30 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* 10:00 – 11:00 Satsang 11:45 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.
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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): Saturday 30st May 2026, 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.

Kriya II Classes /Meditations

During the programme, the theory and practice of the 2nd Kriya will be deepened and intensified.
Repetition of Kriya Parts 1 & 2, Part 3 and Part 4 for those who have already been initiated into these levels.

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) € 65,- 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

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