



## Kriya Yoga Centre Europe

All initiates can choose to attend only individual specific parts of the programme to deepen their practice.



**Swami Mangalananda Giri**

## Kriya Yoga Seminar 5.-7. Dezember

Introductory Lecture Friday 05.12.2025 at 6:30pm

Initiation into the authentic Kriya Yoga – Saturday 06.12.2025 – 9.00am

Registration

### Programme

#### Friday

18.30 Introductory Lecture

20.00 Dinner

#### Saturday

07.30 Breakfast

### 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)

08.40 Preparation for Initiation

09.00 Initiation into Kriya Yoga,  
Meditation

13.00 Lunch

15.30 Explanation of KY-techniques

17.00 Meditation

followed by dinner

### **Sunday**

07.30 Breakfast

09.30 Meditation

11.00 Question & Answers (Q&A)

13.00 Lunch

15.00 Meditation, Q&A

- 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.

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

**Ihr Kriya Yoga Team**

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

### **Costs**

**Weekend Seminar € 122,-**  
(including overnight stay and meals)

**Weekend Seminar € 94,-**  
(including meals)

Vegetarian cuisine.

Mealtimes: 7.30, 13.00 and after  
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.



### **Kriya Yoga Centre Europe**

Pottendorferstrasse 69, Tattendorf  
Austria

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