



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 24. - 26. July

Introductory Lecture Friday 24. July at 6:30pm

Initiation into the authentic Kriya Yoga – Saturday 25.07.2026 – 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



Kriya Yoga Centre Europe

Pottendorferstrasse 69, Tattendorf
Austria

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"Programs at Tattendorf"

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* **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.