

# **KRIYA YOGA SEMINAR IN LUXEMBOURG, July 3-5, 2026**

with Yogacharyas Claudia Cremers & Nada Steinmann

## **Friday, July 3, 2026**

07:00 PM Introductory Lecture

## **Saturday, July 4, 2026**

08:45 AM Preparation for Initiation,

09:00 AM Initiation, Explanation of the Kriya Yoga Technique

10:00 AM Meditation

1:00 PM Lunch at the Indian Restaurant Koseli in Senningen (optional)

4:00 PM Deepening of Techniques

5:00 PM Meditation

## **Sunday, July 5th, 2026**

08:15-9:45 AM Meditation Kriya Yoga I & ( II \* only for initiated ones)

10:30 AM Time for Questions about Techniques & Meditation

01:00 PM Lunch Break

03:00 PM Meditation

**Address:** Institut St. Joseph / 2, Rue de Wecker / L-6832 Betzdorf/ Luxembourg

**Registration:** [kriyayoga.luxembourg@pt.lu](mailto:kriyayoga.luxembourg@pt.lu) or

**For new Initiation:** please bring the following gifts with you:

**5 fruits, 5 flowers & €150** energy exchange.\*\*\*

**Register:** +352 621180454 by SMS

The seminars in Betzdorf are financed through donations.

(15€ - 1/2 Tag - 30€ pro Tag). Thank you for your conscious support

"English French spoken translation possible"

Please bring: blanket and cushion -

**For the seminar:** Only initiates of the lineage of Paramahansa Hariharananda & Prajnanananda can take part in the meditation & technique courses.