



Ashram Foundation Seminar, 03. – 09. Sept. 2026

with European Acharyas &
Swami Atmavidyananda Giri

Sept. 03 Thu	Sept. 4 Fr	Sept. 5 Sat
	05:45 Chanten/Chanting 06:00 Meditation 07:30 Frühstück / Breakfast Abwasch / Clean up 08:00 Seva** 09:00 Einweihung in den Kriya Yoga / Initiation into Kriya Yoga – 11:30 Meditation 13:00 Mittagessen / Lunch Abwasch / Clean up 15.00 Erklärung der Technik, Explanation of technique <i>(Hall II)</i> 16:30-17.15 Lecture Followed by Devotional Songs 17:45-18:45 Satsang 18:45 Kurze Pause / Short Break 19:00 Meditation 20:15 Abendessen / Dinner Abwasch / Clean up	05:45 Chanten/Chanting 06:00 Meditation 07:30 Frühstück / Breakfast Abwasch / Clean up 08:00 Seva** 10:00 -11:00 Vortrag /Lecture 11:30 Meditation <i>Kriya II – Main Hall Kriya I - Hall 2</i> 13:00 Mittagessen / Lunch Abwasch / Clean up 14:00 Seva (Preparation for Foundation Day on 5 th Sept) 14:15 Generalversammlung General Assembly (Kriya Yoga) 16:30-17.15 Lecture Followed by Devotional Songs 17:45-18:45 Satsang 18:45 Kurze Pause / Short Break 19:00 Meditation 20:15 Abendessen / Dinner Abwasch / Clean up
----- Anreise /Arrival ----- 18:30 Meditation 20:15 Abendessen / Dinner Abwasch / Clean up		

Sept. 6 Sun	Sept. 7 & 8 Mon-Tue	Sept. 09 Wed
<p><u>28. Ashram Gründungstag</u> <u>28th Ashram Foundation Day</u></p> <p>05:45 Chanten/Chanting 06:00 Meditation 07:30 Frühstück / Breakfast Abwasch / Clean up 08:00 Seva**</p> <p><u>09:00 Feuerzeremonie</u> <u>Fire Ceremony</u></p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p><u>16:00 -18:00 Feierlichkeiten</u> <u>Celebration</u></p> <p>19:00 Meditation 20:15 Abendessen / Dinner Abwasch / Clean up</p>	<p>05:45 Chanten/Chanting 06:00 Meditation 07:30 Frühstück / Breakfast Abwasch / Clean up 08:00 Seva**</p> <p>10:00 -11:00 Vortrag /Lecture</p> <p>11:30 Meditation <i>Kriya II – Main Hall</i> <i>Kriya I - Hall 2</i></p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p>14:15 Generalversammlung HHH General Assembly HHH (on 7th)</p> <p>14:45 Video mit/of P. Hariharananda or Prajnanananda (on 8th)</p> <p>16:30-17.15 Lecture Followed by Devotional Songs</p> <p>17:45-18:45 Satsang</p> <p>18:45 Kurze Pause / Short Break 19:00 Meditation 20:15 Abendessen / Dinner Abwasch / Clean up</p>	<p>05:45 Chanten/Chanting 06:00 Meditation 07:30 Frühstück / Breakfast Abwasch / Clean up 08:00 Seva**</p> <p>09:30 -10:30 Satsang</p> <p>11:45 Meditation 13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p>---- Seminar ends-----</p>
<p><i>Programmänderungen vorbehalten / Programme schedule is subject to change</i></p>		
<p>* Seva (= freiwillige Mithilfe / selfless service)</p>		

Retreat Informationen:

Simple accommodation at the Kriya Yoga Centre available. (more bedded rooms / dormitory)	Vegetarian cuisine. Mealtimes: after the morning, noon and evening meditation.
---	---

<p>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. <u>Initiations into Kriya Yoga: Wednesday 04.09.2026, 9.00 am</u> <u>For the initiation you need:</u> 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.</p>
--

Registration:

To register, please use the following link:

www.tiny.cc/kriya

Payment:

We have 2 price options:

- a) € 79,- per day, which includes the seminar, the over-night stay at the ashram and all meals or
- b) € 64,- per day, which includes 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

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

www.kriya.eu • www.kriya.org