



Ashram Foundation Seminar, Sept. 4-11, 2019

with Swami Atmavidyananda Giri,

Rajarshi Peter van Breukelen, Swami Mangalananda Giri,

Yogacharyas Claudia Cremers, Petra Helwig und Uschi Schmidtke



Sept. 04, 2019 Mi	Sept. 5, 2019 Do	Sept. 6, 2019 Fr
19:00 Meditation 20:30 Abendessen / Dinner Abwasch / Clean up	05:45 Chanten/Chanting 06:00 Meditation 07:30 Frühstück / Breakfast Abwasch / Clean up 08:00 Seva* 09:30 -10.30 Vortrag /Lecture/ 11:30 Meditation (I+II. Kriya) 13:00 Mittagessen / Lunch Abwasch / Clean up 14:00 Seva (Preparation for Foundation Day) 16:30 Fragen & Antworten Question & Answer 17:30-18:30 Vortrag /Lecture 19:00 Meditation 20:30 Abendessen / Dinner Abwasch / Clean up	<u>21. Ashram Gründungstag</u> <u>21st Ashram Foundation Day</u> 05:45 Chanten/Chanting 06:00 Meditation 07:30 Frühstück / Breakfast Abwasch / Clean up <u>09:00 Feuerzeremonie</u> <u>Fire Ceremony</u> Meditation 13:00 Mittagessen / Lunch Abwasch / Clean up 14:00 Seva* <u>16:00 -18:00 Feierlichkeiten</u> <u>Celebration</u> 19:00 Meditation 20:30 Abendessen / Dinner Abwasch / Clean up

Sept. 7, 2019 Sa	Sept. 8-10, 2019 So-Die	Sept. 11, 2019 Mi
05:45 Chanten/Chanting	05:45 Chanten/Chanting	05:45 Chanten/Chanting
06:00 Meditation	06:00 Meditation	06:00 Meditation
07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up
09:00 Einweihung in den Kriya Yoga / Initiation into Kriya Yoga (hall 1)	08:00 Seva*	08:00 Seva*
	09:30 -10.30 Vortrag /Lecture	09:30 -10.30 Vortrag /Lecture
11:30 Meditation (I+II. Kriya)	11:30 Meditation (I+II. Kriya)	11:30 Meditation
13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up
14:00 HiH Generalversammlung /General Assembly	14:00 Kriya Yoga General – versammlung / General Assembly 8.9. only	
15.15 Erklärung der Technik, Explanation of technique	14:30 Charity Concert 9.9 Bhajans for Balashram	
16:30 Fragen & Antworten Question & Answer	15:15 Video mit/of P. Hari- harananda oder/or P. Prajnanananda 10.9.	
17:30-18:30 Vortrag /Lecture	16:30 Fragen & Antworten Question & Answer	
19:00 Meditation	17:30-18:30 Vortrag /Lecture	
20:30 Abendessen / Dinner Abwasch / Clean up	19:00 Meditation	
	20:30 Abendessen / Dinner Abwasch / Clean up	

II. Kriya Einweihung /Initiation: Donnerstag 5.9. auf Anfrage / Thursday 5th Sept. on request

- nur nach dreijähriger regelmäßiger Kriyapraxis und Absprache mit einem Lehrer vor dem Retreat
- only after practising first Kriya at least 3 years regularly and permission of a teacher prior to the retreat

Programmänderungen vorbehalten / Programme schedule is subject to change

** Seva (= freiwillige Mithilfe / selfless service)*

Retreat Informationen:

Simple accommodation at the Kriya Yoga Centre available.
(more bedded rooms / dormitory)

Vegetarian cuisine.
Mealtimes: after the morning, noon and evening meditation.

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.

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.

Registration:

To register, please use the following link:

www.kriya.org/registration

Payment:

We have 2 price options:

- a) € 64,- per day, which include the seminar, the over-night stay at the ashram and all meals or
- b) € 51,- 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.
If you prefer to make a bank transfer in advance please see our bank data:

Bank data Austria:

Receiver: Kriya Yoga Zentrum Wien

Reference: Ashram Foundation Seminar 2019

Bank name: BAWAGPSK

IBAN: AT 36 6000 0000 74201787

BIC: BAWAATWW

Bank address: A-1018 Wien, Georg Cochplatz 2, Austria

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 VIENNA

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