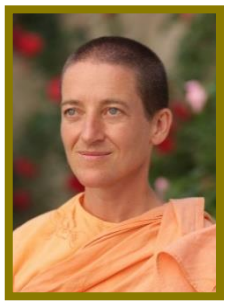
Christmas and New Year's Seminar

Dec 24, 2019 – Jan 1, 2020

with

Swami Mangalananda Giri and Yogacharya Uschi Schmidtke



24.12. **20:30 Heilig Abend /Christmas Meditation** (ca./approx. 3 Stunden/hours)
18:30 Abendessen / Dinner

25. Dez. 2019 Wed	**26. Dez. 2019 Thu**	**27. Dez. 2019 Fr**
06:45 Meditation	06:15 Meditation	06:15 Meditation
08:00 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up
09:30 Spaziergang im Schweigen/ Silent forest walk	**10:30 Satsang**/Meditation	08:00 Seva *
11:45 Meditation	11:30 Meditation	10:30 Meditation (I+II. Kriya)
13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up
15:00 Video mit/of P. Hari-harananda oder/or P. Prajnanananda	15:00 Video mit/of P. Hariharananda oder/or P. Prajnanananda	15:00 Video mit/of P. Hari-harananda oder/or P. Prajnanananda
17:00 Meditation	17:00 Meditation	17:00 Meditation
19:00 Abendessen / Dinner Abwasch / Clean up	19:00 Abendessen / Dinner Abwasch / Clean up	19:00 Abendessen / Dinner Abwasch / Clean up

28-30 Dec. 2019 Sa-Mo	31 Dec. 2019 Tue	01 Jan. 2020 Wed
28.12. siehe/see 25.12. 29.12. siehe/see 26.12. 30.12. siehe/see 27.12.	06:15 Meditation 07:30 Frühstück / Breakfast Abwasch / Clean up 08:00 Seva * 10:30 Meditation (I+II. Kriya) 13:00 Mittagessen / Lunch Abwasch / Clean up 15:00 Video mit/of P. Hari- harananda oder/or P. Prajnanananda 17:00 **Klasse/Class, Satsang** 18:30 Abendessen / Dinner Abwasch / Clean up **20:30 Neujahrsmeditation/** **New Year's Meditation** (ca./approx.. 3 Stunden/hours)	06:30 stille/silent Meditation 07:30 Frühstück / Breakfast Abwasch / Clean up **09:00 Spaziergang im Schweigen/** **Silent forest walk** 11:30 Meditation 13:00 Mittagessen / Lunch Abwasch / Clean up

Programmänderungen vorbehalten/ Programme schedule is subject to change

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

**** II. Kriya – Teilnahme nur für Eingeweihte in den 2. Kriya / only for initiates of 2nd Kriya**

Retreat Informations:

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.

Initiation into the authentic Kriya Yoga possible on request.

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) € 58,- per day, which include the seminar, the over-night stay at the ashram and all meals or

b) € 45,- 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: Christmas, New Year's Retreat 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.

KRIYA YOGA

SEMINAR PLACE: KRIYA YOGA CENTRE VIENNA

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