



# OUR MEDITATIVE SEVA DAYS

*with*

**SWAMI MANGALANANDA GIRI**

*and*

**SWAMI KARUNANANDA GIRI**

*will take place from*

*Monday 20th July till Thursday 23rd July 2020*

*(arrival Sunday 19th July evening, departure Friday 24th July in the morning)*

**- STAY FOR FREE -**

*These days offer the opportunity to connect our spiritual practice with practical support and help in the house and garden. Seva is your voluntary contribution and offers the chance to be part of the self-organized project "Kriya Yoga Centre".*

*Each day there will be guided meditations at  
5:45 a.m. / 12:00 a.m. / 7:00 p.m.*

*We are looking forward to meditate and work with you!*

**YOUR KRIYA YOGA TEAM**

## SEVA DAYS TIME SCHEDULE

05.45 am Meditation  
07.30 am Breakfast  
08.00 am Seva – selfless service  
12.00 am Meditation  
01.00 pm Lunch  
02.00 pm Seva – selfless service  
06.30pm Lecture (CD)  
07.00 pm Meditation  
08.30pm Dinner

*To register please use following link  
(also if you would like to join  
the initiation seminar July 17-19, 2020):*

*[www.kriya.org/registration](http://www.kriya.org/registration)*