



Kriya Yoga Seminar with



Swami Karunananda Giri 17th – 19th July 2020

Friday	17.07.	18.30	Introductory Lecture
Saturday	18.07.	09.00	Initiation into Kriya Yoga Explanation of technique
		16.00	Explanation of technique Meditation
		19.00	Meditation

Sunday	19.07.	06.15	Meditation
		10.00	Meditation
		11.30	Question & Answer
		15.00	Meditation
		16.00	Video of Paramahansa Hariharananda / Prajnanananda

*Only initiated persons are allowed
to attend the Kriya Yoga Meditations*

*Initiation into the authentic Kriya Yoga: **Saturday 18th July 2020**
New initiates should participate for at least three meditations in order to reinforce their meditation technique.*

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.

Weekend seminar fee € 116,- (including board and lodge)
Weekend seminar fee € 90,- (including board only)
*We can give a special discount to students and people with low income.
Feel free to contact us any time.*

Vegetarian cuisine.
Mealtimes: after the morning, noon and evening meditation.
(7:30am, 1:00pm, 8:30pm)

Registration under: www.kriya.org/registration



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