



KRIYA INTENSIVE RETREAT 2025

(Open for **only initiated kriyavans from the lineage** of Paramahansa Hariharananda and Paramahansa Prajnanananda)

14-16 November

Topic : Intensify your sincerity and love for Spiritual life

Location : Disciple's house, Hopkinton MA

(Please Register for more Details)



Swami Sahajananda
Giri



Swami
Adhyatmananda Giri

The three day retreat will have Guided Meditations, Discourses, interactive Q&A and Lunch/Dinner.

Schedule for each day

November 14, Friday - 6:30 pm to 9:30 pm

November 15, Saturday- 9:30 am to 7:30 pm

November 16, Sunday 9:30 am to 4:30 pm

Suggested donation: 70\$ for the entire weekend retreat(10\$ for Friday, 30\$ each for Saturday and Sunday), please talk to us if you want to participate and can't offer. Any other donation towards Ashram activities is welcome

Please Register using QR code or URL

URL : Boston Intensive Kriya Retreat 2025

(<https://www.kriya.org/event-details/7740/en>)



kriya.org | tel: 978-852-5329 | email: boston-ma@kriya.org



KRIYA INTENSIVE RETREAT 2025

Detailed Schedule

November 14, Friday

6:30PM - Retreat begins by lighting lamp

6:45PM - 7:15PM - Discourse and Discussion (part -1) - qualities to be developed by spiritual **seeker**

7:25 PM - 8:25PM - Guided meditation

8:30PM - 9:30PM - Dinner and clean up

November 15, Saturday

9:30AM - 10:30AM - Discourse and Discussion (part -2) - qualities to be developed by spiritual seeker

10:45AM - 12:00PM - First Kriya Meditation and second kriya meditation split

12:15PM - 1:15PM - Lunch and clean up

1:15PM - 2:30PM - Quiet time,rest/ book sale/Video time/personal consultation with monks if needed

2:30PM-3:30PM - Q&A session on Kriya Practice

3:45PM - 4:45PM - Discourse and Discussion (part -3) - qualities to be developed by spiritual seeker

5:00PM - 6:00 pm - First Kriya Meditation

6:30PM - 7:30PM - Dinner and clean up retire for the day

November 16, Sunday

9:30AM - 10:30AM - Birthday of Satyanandaji. Life and teachings of Swami Satyanandaji

10:45AM - 12:00PM - First Kriya Meditation and second kriya meditation

12:15PM - 1:15PM - Lunch and clean up

1:15PM - 2:30PM - Quiet time,rest/ book sale/Video time/personal consultation with monks if needed

2:30PM - 3:15 PM - Final session on qualities to be developed by spiritual seeker(part 4)

3:30PM - 4:30PM - First Kriya Meditation and conclude retreat

