



Kriya Yoga Hiking Retreat in Toggenburg
31 July - 7 August 2026
with Swami Mangalananda and
Swami Karunananda

Friday, 31 July

from 3pm till

5 pm Arrival

6 pm Meditation, afterwards dinner

Saturday, 1 August

06:30 am Meditation, afterwards breakfast

09:30 am Initiation/Meditation
afterwards lunch, hike

about 6 pm Meditation, afterwards dinner and satsang

Sunday, 2 August

06:30 am Meditation, afterwards breakfast
Hike with meditation, picnic

about 6 pm Meditation, afterwards dinner

Monday, 6 till Thursday, 6 August 2026

Programme as on 2 August

Friday, 7 August 2026

06:30 am Meditation, afterwards breakfast,
seva and departure

Place of event: Frauenfelderhaus
Oberdorfstrasse 2
9658 Wildhaus

Costs

Price for the retreat CHF 520.-
including meditations, accommodation and meals
Cable cars for hikes extra

Venue

Arrival: By train till Wattwil and then by bus to Wildhaus,
Lisighaus

Pickup service at 3:45 pm and 4:45 pm.

Free parking in front of the house.

All infos on <https://www.frauenfelderhaus.ch/>



Information and registration

Kriya Yoga Group Zurich

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