



Intensive program

Mar 31–Apr 02, 2023

with Yogacharya Histas Damania

Location: Mācību centrs "**Mežmāja**",
Laucienes pagasts, Talsu novads



Thursday, 30 of March

- 20.00–21.00 Public lecture and insight
of Kriya Yoga meditation
- 22.00 Bedtime

Friday, 31 of March and Saturday, 1 of April

- 6.00 Kriya meditation
- 8.00 Breakfast
- 09.00–10.00 Lecture
- 10.30–12.00 Kriya meditation
- 12.30 Lunch and free time
- 14.30–15.30 Meditative walking
- 16.00–17.30 Lecture, questions
and answers
- 18.00–19.30 Kriya meditation
- 20.00 Dinner and bedtime

Sunday, 2 of April

- 06.30 Kriya meditation
- 08.00 Breakfast
- 09.00–10.00 Lecture
- 10.30–12.00 Kriya meditation
- 12.30 Lunch
- 13.30 Ending of the program
with gratitude

Donation for participation in the program:

- All days **70 €**
(for members of association **60 €**)
- Payment per day if paid separately **35 €**

All the donations will be sent to the Mother
Center of Europe

Additional costs:

- Accommodation **20 €/per day**
- Estimated price per meal **5 €**

Booking details:

It is **mandatory** to fill in the application
form and send it to e-mail address:
info@krija.lv **till 12 of March**. You have
to make payment for accommodation in
two days after approval of participation,
transferring money to Krija jogas
biedrība Latvija with payment details:
Accommodation fee. It is necessary to
guarantee the accommodation, because
number of rooms is limited.

For more information about the location
please go to: mezmaja.weebly.com

Only people who are initiated in Kriya Yoga and follow
teachings of Paramahansa Hariharananda and Paramahansa
Prajnanananda Lineage of Masters are allowed to participate in
this intensive program.

Intensive program is organised by
Krija jogas biedrība Latvijā www.krija.lv
Phone: +371 2920 3450 Simons