



Kriya Yoga Centre Vienna



Swami Karunananda Giri

Kriya Yoga Seminar 23 - 25 February

Introductory Lecture Friday 23.02.2024 at 6:30pm

Initiation into the authentic Kriya Yoga - Saturday 24.02.2024 - 9.00 am

[Registration](#)

Programme

Friday

18.30 Introductory Lecture

Saturday

09.00 Initiation into Kriya Yoga,
Meditation

16.00 Explanation of technique

Following offerings you need for initiation:

* **Five fruits** - representing the fruits
of all our actions (the causal body)

* **Five flowers** - representing the five
senses (the astral body)

* **Donation of € 150,-** - representing
the gross body (the physical body)

17.30 Meditation

Sunday

06.15 Meditation

10.00 Meditation

11.30 Question & Answers

16.00 Meditation

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

- All initiates can choose to attend only individual specific parts of the programme.

- New initiates should participate for at least three meditations in order to reinforce their meditation technique.

Costs

Weekend Seminar € 116,-
(including overnight stay and meals)

Weekend Seminar € 90,-
(including meals)

Vegetarian cuisine.

Mealtimes: after the morning, noon and evening meditation.

More Info

Please bring a blanket, a cushion (available in the house if needed) and socks with you.

We also recommend loose and comfortable clothing.

We look forward to welcoming you soon.

Ihr Kriya Yoga Team



Kriya Yoga Centre Vienna

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www.kriya.org · www.kriya.eu · info.kriya.eu

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