



Kriya Yoga Centre Vienna



Swami Mangalananda Giri

Kriya Yoga Seminar 26 - 28 April

Introductory Lecture Friday 26.04.2024 at 6:30pm

Initiation into the authentic Kriya Yoga – Saturday 27.04.2024

Registration

Programme

Friday

18.30 Introductory Lecture

Saturday

09.00 Initiation into Kriya Yoga

15.30 Explanation of KY-techniques

17.00 Meditation

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)

Sunday

09.30 Meditation

11.00 Question & Answers (Q&A)

15.00 Meditation, Q&A

- 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: 7.30, 13.00 and after 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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