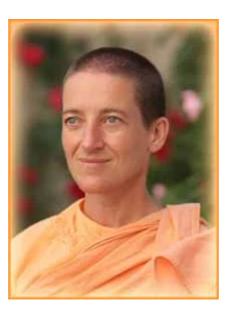


Kriya Yoga Centre Vienna



<u>Swami Mangalananda Giri</u>

Kriya Yoga Seminar 26 - 28 July

Introductory Lecture Friday 26.07.2024 at 6:30pm

Initiation into the authentic Kriya Yoga - Saturday 27.07.2024

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

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