

PILGRIMAGE AND KRIYA YOGA MEDITATION 2021

FROM 14 TO 17 MAY ASSISI



FRIDAY - 14 MAY

16.00 - Meeting at the Monastery
16.30 - Visit to Basilica of Santa
Chiara
18.30 -20.00 - Public Lecture +
Meditation
20.15 - Cena

SUNDAY 16 MAY

7.00 - 8.00 Meditation
8.15 - Breakfast
10.00 - San Damiano Church +
Meditation in San Damiano
13.15 - Launch
Free (or San Rufino Church)
18.30 - 20.00 - Meditation
20.15 - Dinner

SATURDAY 15 MAY

7.00 - 8.00 Meditation
8.15 - Breakfast
09.00- 12.30 INITIATION +
Meditation
13.00 Lunch
16.00 - 18.00 Teachings of Kriya
Yoga techniques and Meditation
18.30 Basilica San Francesco
20.15 Dinner

MONDAY 17 MAY

7.00 - 8.00 - Meditation
10.00 - Santa Maria degli Angeli
Church and Porziuncola
13:00 - Launch
16.00 - Meditation
17.00 - End of the program



For info you can call: +31-641498203
or write to: c_cremers@hotmail.com
www.kriyayogaitalia.it

PILGRIMAGE AND KRIYA YOGA MEDITATION 2021



FROM 14 TO 17 MAY - ASSISI - ITALY



We'll spend a few days practicing the sacred technique of Kriya Yoga, in a joyful pilgrimage among the most inspiring places in Assisi.

14-17 MAY - PILGRIMAGE (+ DAILY MEDITATION reserved for initiates) - 135,00€ ;

14 MAY - FREE PUBLIC LECTURE

The ancient and divine path of meditation;
INITIATION and teaching of the practice to new initiates;

15 MAY - KRIYA YOGA INITIATION and teaching of the practice;

16-17 MAY - PILGRIMAGE + Meditation practice for all initiates;

For new initiates the cost is 150,00€ - info whatsapp - Matteo +39 33293918469

Possibility to arrive on 13 May and depart on 18 May --Stay (TBC) at Suore Francescane del Giglio, near Basilica of San Francesco - 55 euro (half pension, private room + bath)

The teacher of Kriya Yoga - Yoga (Union) of KRI (action) and YA (soul) will be **CLAUDIA CREMERS** Yogacharya



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