



Kriya Intensive 18–20 February 2022

with Swami Atmavidyananda Giri

Dear Kriya Yoga friends!

This programme is for students already initiated into Kriya Yoga. Swami Atmavidyanandaji will guide us into the depths of Kriya Yoga practice and inspire us with his extensive yogic knowledge in his lectures.

Arrival is on Thursday 17 February in the evening.

The programme ends on Sunday 20 February after lunch, around 14.00.



[Registration](#)

Registration from January 2022!

Daily Schedule:

5.30 – 7.30 am – Meditation

8.00 am - Breakfast

9.00 - 10.00 am - Class

10.30 am - 12.30 pm - Meditation

1.00 pm - Lunch

3.00 - 4.00 pm - Q & A

4.30 pm - 5.30 pm - Class

6.00 - 8.00 pm Meditation

8.15 pm - Dinner

Participation: According to the 2G rule (vaccinated or recovered within 6 month) and the official regulations valid at that time

- All initiates can choose to attend only individual specific parts of the programme.
- Please bring blankets and cushions. Loose and comfortable clothing is recommended.

Payment:

We have 2 price options:

a) € 58,- per day, which includes the seminar, the over-night stay at the ashram and all vegetarian meals or

b) € 45,- per day, which includes the seminar and all vegetarian meals only



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