



## Kriya Yoga Centre Vienna



### Swami Mangalananda Giri

# Kriya Yoga Seminar 29 April - 1 May

*Introductory Lecture Friday 29.04.2022 at 6:30pm*

*Initiation into the authentic Kriya Yoga - Saturday 30.04.2022*

Registration

### Programme

#### Friday.

**18.30** Introductory Lecture

#### Saturday.

**09.00** Initiation into Kriya Yoga

**16.00** Explanation of technique

### Following offerings you need for initiation:

\* **Five fruits** - representing the five sense organs (the causal body)

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

**18.00** 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*

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

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

**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/yoga mat, a cushion and socks with you.

We also recommend loose and comfortable clothing.

**We look forward to welcoming you soon.**

**Ihr Kriya Yoga Team**

**Corona Regulations:**

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



**Kriya Yoga Centre Vienna**

Pottendorferstrasse 69,  
Tattendorf, Austria

+43 2253 81491 | [kyc@kriya.eu](mailto:kyc@kriya.eu)

[www.kriya.org](http://www.kriya.org) | [www.kriya.eu](http://www.kriya.eu) | [info.kriya.eu](mailto:info.kriya.eu)

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