

OUR MEDITATIVE SEVA DAYS

with

SWAMI MANGALANANDA GIRI

and

SWAMI KARUNANANDA GIRI

will take place from

Monday 25th April till Thursday 28th April 2022

(arrival Sunday 24th April evening, departure Friday 29th April in the morning)

- STAY FOR FREE -

These days offer the opportunity to connect our spiritual practice with practical support and help in the house and garden. Seva is your voluntary contribution and offers the chance to be part of the self-organized project "Kriya Yoga Centre".

Each day there will be guided meditations at

5:45 a.m. / 12:00 a.m. / 7:00 p.m.

We are looking forward to meditate and work with you!

YOUR KRIYA YOGA TEAM

SEVA DAYS TIME SCHEDULE

05.45 am *Meditation*
07.30 am *Breakfast*
08.00 am *Seva – selfless service*
12.00 am *Meditation*
01.00 pm *Lunch*
02.00 pm *Seva – selfless service*
06.30pm *Lecture (CD)*
07.00 pm *Meditation*
08:30pm *Dinner*

To register please use following link

(also if you would like to join the initiation seminar April 29- May 1, 2022):

www.kriya.org/registration