



**Kriya Yoga Retreat – Kriya I + II,**

**05th – 12th June 2019,**

**with Swami Achalananda Giri,**

**Rajarshi Peter van Breukelen, Swami Mangalananda Giri,**

**Yogacharyas Claudia Cremers, Petra Helwig and Uschi Schmidtke**



June 05, 2019 We	June 6, 2019 Thu	
Main Hall	Main Hall	Meditation Hall 2
	05:45 Chanten / Chanting	
	06:00 Meditation (all)	
	07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up
	<b>10:00 Einweihung in den 2. Kriya/ Initiation into 2nd Kriya</b> und/ and Meditation	<b>10:00 Klasse / Class Meditation (I)</b>
	13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up
	15:30 Video	
	<b>17:30-18:30 Vortrag /Lecture</b>	
18:00 Meditation (all)	19:00 Meditation (II)	19:00 Meditation (I)
20:30 Abendessen / Dinner Abwasch / Clean up	20:30 Abendessen / Dinner Abwasch / Clean up	20:30 Abendessen / Dinner Abwasch / Clean up

June 7-11, 2019 Fr-Tue		June 12, 2019 We
Main Hall	Meditation Hall 2	Main Hall
05:45 Chanten / Chanting		05:45 Chanten / Chanting
06:00 Meditation (II)	06:00 Meditation (I)	06:00 Meditation
07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up
08:00 Seva*	08:00 Seva *	08:00 Seva *
<b>09:30 Klasse / Class</b> <b>-10:30</b> (for Kriya II) only Friday Class for all	<b>09:30 Klasse / Class</b> <b>- 10:30</b> (for Kriya I)	<b>09:30 Klasse / Class</b> <b>- 10:30</b>
11:00 Meditation (II)	11:00 Meditation (I)	11:00 Meditation
13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up	13:00 Mittagessen / Lunch Abwasch / Clean up
<b>14:30 Charity Concert</b> (only 10.6.) <b>Bhajans for Balashram</b>		
15:15 Video (7, 9, 11th June)		
<b>16:30 Fragen &amp; Antworten</b> <b>Question &amp; Answer</b>		
<b>17:30-18.30 Vortrag /Lecture</b>	19:00 Meditation (I)	
19:00 Meditation (II)	20:30 Abendessen / Dinner Abwasch / Clean up	
20:30 Abendessen / Dinner Abwasch / Clean up		
<i>Programmänderungen vorbehalten/ Programme schedule is subject to change</i>		
* Seva = freiwillige Mithilfe / selfless service		
Spaziergänge mit Swami Mangalananda Giri auf Anfrage / walks with Swami Mangalananda Giri on request		

## **Retreat Informations:**

Simple accommodation at the Kriya Yoga Centre available. (more bedded rooms / dormitory)	Vegetarian cuisine. Mealtimes: after the morning, noon and evening meditation.
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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.  
All initiates can chose to attend only individual specific parts of the programme.

### **Initiation into Kriya Yoga (I): Saturday 8th Juni 2019, 9.00 Uhr**

#### **For the initiation you need:**

Five flowers as a symbol of the five sense organs, five fruits as a symbol of all experiences and a donation of € 150,- as a symbol of the physical, astral and causal bodies.

Please bring blankets and cushions. Loose and comfortable clothing is recommended.

### **Important Infos about Higher Kriyas**

This unique retreat at the Kriya Yoga Centre Vienna is a rare opportunity to learn and deepen your practice of the Higher Kriyas. Kriyavans will have the **opportunity to learn and practice the advanced Kriyas**, get clarifications on the techniques, as well as receive spiritual teachings and get insight into the deeper wisdom hidden in the scriptural texts.

All who have been initiated in any of the Higher Kriyas by authorized teachers of the lineage of Kriya Yoga of Paramahansa Hariharananda and Paramahansa Prajnanananda are welcome to attend this retreat. Second Kriya initiations are planned for those Kriyavans who have been practicing First Kriya for at least three years and have received permission prior to the retreat. Please contact us for more information about the initiation.

### **For the initiation into 2nd Kriya you need:**

One rose flower with stem, one fruit and a donation of € 200,-.

### **Registration:**

To register, please use the following Link:

[www.kriya.org/registration](http://www.kriya.org/registration)

### **Payment:**

We have 2 price options:

- a) € 64,- per day, which include the seminar, the over-night stay at the ashram and all meals or
- b) € 51,- per day, which include the seminar and all meals only

After the registration and confirmation of your seminar contribution you are most welcome to pay cash at the Tattendorf Ashram.

If you prefer to make a bank transfer in advance please see our bank data:

### **Bank data Austria:**

Receiver: Kriya Yoga Zentrum Wien

Reference: Kriya Retreat June 2019

Bank name: BAWAGPSK

IBAN: AT 36 6000 0000 74201787

BIC: BAWAATWW

Bank address: A-1018 Wien, Georg Cochplatz 2, Austria

*Concessions available on request*

*For any other requirement and/or exception to the general rules and guidelines, please contact us.*



SEMINAR PLACE: KRIYA YOGA CENTRE VIENNA

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