



Kriya Yoga Retreat – Kriya I + II,

29th May – 05th June 2020,

with Swami Achalananda Giri,

Rajarshi Peter van Breukelen, Swami Mangalananda Giri,

Yogacharyas Claudia Cremers and Uschi Schmidtke



May 29, 2020 Fr	May 30, 2020 Sa	
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
	09:00 Einweihung in den Kriya Yoga / Initiation into Kriya Yoga	Early Brunch
	11:00 Meditation (I)	Peacewalk in Vienna (all may join)
	13:00 Mittagessen / Lunch Abwasch / Clean up	
17:30-18.30 Vortrag /Lecture	16.00 Erklärung der Technik, Explanation of technique	
19:00 Meditation (all)	19:00 Meditation	
20:30 Abendessen / Dinner Abwasch / Clean up	20:30 Abendessen / Dinner Abwasch / Clean up	20:30 Abendessen / Dinner Abwasch / Clean up

May 31 - June 4, 2020 So-Do		June 5, 2020 Fr
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 *
09:30 Klasse I / Class I -10:30 (for Kriya II) Initiation II (31st May)	09:30 Klasse / Class - 10:30 (for Kriya I)	09:30 Klasse / Class - 10:30
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
14:30 Charity Concert (only 1.6.) Bhajans for Balashram	June 3 – 19:30 Yogananda Event in Vienna “Spiritual Dimensions” Talk, international musical and artistic performances <i>(Ticket is needed)</i>	
15:15 Video (June 2,3,4)		
16:30 Fragen & Antworten Question & Answer (June 1,2,4)		
17:30-18.30 Vortrag /Lecture (June 1,2,4)	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		

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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<p>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.</p> <p style="text-align: center;"><u>Initiation into Kriya Yoga (I): Saturday 30th May 2020, 9.00 Uhr</u></p> <p style="text-align: center;"><u>For the initiation you need:</u></p> <p>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.</p> <p>Please bring blankets and cushions. Loose and comfortable clothing is recommended.</p>
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Imprtant Infos about Kriya II

Initiation into Kriya Yoga (II): Sunday 31st May 2020, 9.30 am.

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

You need a ticket to take part at the *Spiritual Dimensions* event.

Kindly indicate in your online retreat registration (available from December 2019), in the commentary section, that you have acquired a ticket for the event; that way you won't be charged any seminar fees for that afternoon/evening.

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 2020

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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www.kriya.eu • www.kriya.org