

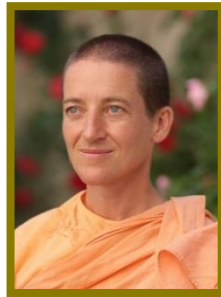


# Christmas and New Year's Seminar

## Dec 24, 2020 – Jan 1, 2021

with

**Swami Mangalananda Giri and Swami Karunananda Giri**



**24.12. 20:30 Heilig Abend /Christmas Meditation** (ca./approx. 3 Stunden/hours)  
18:30 Abendessen / Dinner

<b>25. Dez. 2020 Fr</b>	<b>26. Dez. 2020 Sa</b>	<b>27. Dez. 2020 Su</b>
06:45 Meditation	06:15 Meditation	06:15 Meditation
08:00 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up	07:30 Frühstück / Breakfast Abwasch / Clean up
<b>09:00 Spaziergang im Schweigen/ Silent forest walk</b>	<b>10:30 Satsang/Meditation</b>	08:00 Seva *
11:45 Meditation	13:00 Mittagessen / Lunch Abwasch / Clean up	10:30 Meditation (I+II. Kriya)
13:00 Mittagessen / Lunch Abwasch / Clean up	15:00 Video mit/of P. Hariharananda oder/or P. Prajnanananda	13:00 Mittagessen / Lunch Abwasch / Clean up
15:00 Video mit/of P. Hari- harananda oder/or P. Prajnanananda	17:00 Meditation	15:00 Video mit/of P. Hari- harananda oder/or P. Prajnanananda
17:00 Meditation	19:00 Abendessen / Dinner Abwasch / Clean up	17:00 Meditation
19:00 Abendessen / Dinner Abwasch / Clean up		19:00 Abendessen / Dinner Abwasch / Clean up

<b>28.-30. Dez. 2020 Mo-We</b>	<b>31. Dez. 2020 Thu</b>	<b>01. Jan. 2021 Fr</b>
28.12. siehe/see 25.12. 29.12. siehe/see 26.12. 30.12. siehe/see 27.12.	06:15 Meditation 07:30 Frühstück / Breakfast Abwasch / Clean up 08:00 Seva * 10:30 Meditation (I+II. Kriya) 13:00 Mittagessen / Lunch Abwasch / Clean up 15:00 Video mit/of P. Hariharananda oder/or P. Prajnanananda 17:00 <b>Klasse/Class, Satsang</b> 18:30 Abendessen / Dinner Abwasch / Clean up 20:30 <b>Neujahrsmeditation/ New Year's Meditation</b> (ca./approx.. 3 Stunden/hours)	06:30 stille/silent Meditation 07:30 Frühstück / Breakfast Abwasch / Clean up <b>09:00 Spaziergang im Schweigen/ Silent forest walk</b> 11:30 Meditation 13:00 Mittagessen / Lunch Abwasch / Clean up
<p><i>Programmänderungen vorbehalten/ Programme schedule is subject to change</i></p> <p>* <b>Seva = freiwillige Mithilfe / selfless service</b></p> <p>** <b>II. Kriya – Teilnahme nur für Eingeweihte in den 2. Kriya / only for initiates of 2nd Kriya</b></p>		

## **Retreat Informations:**

Simple accommodation at the Kriya Yoga Centre available.  
(more bedded rooms / dormitory)

Vegetarian cuisine.  
Mealtimes: after the morning, noon and evening meditation.

**Only initiated persons are allowed to attend the Kriya Yoga Meditations.**

**Initiation into the authentic Kriya Yoga possible on request.**

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.

**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.

**Registration:**

To register, please use the following link:

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

**Payment:**

We have 2 price options:

- a) € 58,- per day, which include the seminar, the over-night stay at the ashram and all meals or
- b) € 45,- 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: Christmas, New Year's Retreat 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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