



Kriya Yoga Centre Europa

Tattendorf (near Vienna)



[Yogacharya Martin Gostentschnig](#)

[Yogacharya Wolfgang Lang](#)

Kriya Yoga Seminar 11 - 13.07.2025

Introductory Lecture Friday 11.07.2025 at 6:30pm

Initiation into the authentic Kriya Yoga - Saturday 12.07.2025 - 9.00 am

[Registration](#)

Programme

Friday

18.30 Introductory Lecture

20.00 Dinner

Saturday

07.30 Breakfast

Following offerings you need for initiation:

* **Five fruits** - representing the fruits of all our actions (the causal body)

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

08:40 Preparation for initiation

09.00 Initiation into Kriya Yoga,
Meditation

13.00 Lunch

16.00 Explanation of technique

17.30 Meditation

Followed by Dinner

Sunday

06.15 Meditation

07.30 Breakfast

10.00 Question & Answers

11.30 Meditation

13.00 Lunch

15.00 Meditation

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

*- All initiates can choose to attend only
individual specific parts of the programme.*

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

We look forward to welcoming you soon.

Ihr Kriya Yoga Team

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

Costs

Weekend Seminar € 122,-
(including overnight stay and meals)

Weekend Seminar € 94,-
(including meals)

Vegetarian cuisine.

Mealtimes: after the morning, noon
and evening meditation.

More Info

Please bring a blanket, a cushion
(available in the house if needed)
and socks with you.

We also recommend loose and
comfortable clothing.



Kriya Yoga Centre Europe

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www.kriya.org · www.kriya.eu · info.kriya.eu

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