



Ashram Foundation Seminar, 02. – 08. Sept. 2025

with European Acharyas &
Swami Atmavidyananda Giri

Sept. 02, 2025 Tue	Sept. 3, 2025 Wed	Sept. 4 & 5, 2025 Thu-Fr
<p>----- Anreise /Arrival -----</p> <p>18:30 Meditation</p> <p>20:15 Abendessen / Dinner Abwasch / Clean up</p>	<p>05:45 Chanten/Chanting</p> <p>06:00 Meditation</p> <p>07:30 Frühstück / Breakfast Abwasch / Clean up</p> <p>08:00 Seva**</p> <p>09:00 Einweihung in den Kriya Yoga / Initiation into Kriya Yoga –</p> <p>11:30 Meditation</p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p>15.00 Erklärung der Technik, Explanation of technique</p> <p>17:45-18:45 Satsang</p> <p>18:45 Kurze Pause / Short Break</p> <p>19:00 Meditation</p> <p>20:15 Abendessen / Dinner Abwasch / Clean up</p>	<p>05:45 Chanten/Chanting</p> <p>06:00 Meditation</p> <p>07:30 Frühstück / Breakfast Abwasch / Clean up</p> <p>08:00 Seva**</p> <p>10:00 -11:00 Vortrag /Lecture</p> <p>11:30 Meditation <i>Kriya II – Main Hall Kriya I - Hall 2</i></p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p>14:00 Seva (Preparation for Foundation Day on 5th Sept)</p> <p>14:15 Generalversammlung HHH General Assembly HHH (on 5th Sept)</p> <p>14:45 Video mit/of P. Hari- harananda or Prajnanananda (4th only)</p> <p>16:45-17.30 Devotional Songs</p> <p>17:45-18:45 Satsang</p> <p>18:45 Kurze Pause / Short Break</p> <p>19:00 Meditation</p> <p>20:15 Abendessen / Dinner Abwasch / Clean up</p>

Sept. 6, 2024 Sa	Sept. 7, 2024 Su	Sept. 08, 2025 Mo
<p><u>26. Ashram Gründungstag</u> <u>26th Ashram Foundation Day</u></p> <p>05:45 Chanten/Chanting</p> <p>06:00 Meditation</p> <p>07:30 Frühstück / Breakfast Abwasch / Clean up</p> <p>08:00 Seva**</p> <p><u>09:00 Feuerzeremonie</u> <u>Fire Ceremony</u></p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p><u>16:00 -18:00 Feierlichkeiten</u> <u>Celebration</u></p> <p>19:00 Meditation</p> <p>20:15 Abendessen / Dinner Abwasch / Clean up</p>	<p>05:45 Chanten/Chanting</p> <p>06:00 Meditation</p> <p>07:30 Frühstück / Breakfast Abwasch / Clean up</p> <p>08:00 Seva**</p> <p>10:00 -11.00 Vortrag /Lecture</p> <p>11:30 Meditation <i>Kriya II – Main Hall</i> <i>Kriya I - Hall 2</i></p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p>14:15 Generalversammlung General Assembly (Kriya Yoga)</p> <p>14:45 Video mit/of P. Hariharananda or Prajnanananda</p> <p>16:45-17.30 Devotional Songs</p> <p>17:45-18:45 Satsang</p> <p>18:45 Kurze Pause / Short Break</p> <p>19:00 Meditation</p> <p>20:15 Abendessen / Dinner Abwasch / Clean up</p>	<p>05:45 Chanten/Chanting</p> <p>06:00 Meditation</p> <p>07:30 Frühstück / Breakfast Abwasch / Clean up</p> <p>08:00 Seva**</p> <p>09:30 -10:30 Satsang</p> <p>11:45 Meditation</p> <p>13:00 Mittagessen / Lunch Abwasch / Clean up</p> <p>---- Seminar ends-----</p>
<p><i>Programmänderungen vorbehalten / Programme schedule is subject to change</i></p>		
<p>* Seva (= freiwillige Mithilfe / selfless service)</p>		

Retreat Informationen:

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.
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.

Initiations into Kriya Yoga: Wednesday 03.09.2025, 9.00 am

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.tiny.cc/kriya

Payment:

We have 2 price options:

- a) € 79,- per day, which includes the seminar, the over-night stay at the ashram and all meals or
- b) € 64,- per day, which includes 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.

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 EUROPE

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