

KRIYA YOGA RETREAT

24 JULY-1 AUGUST

EMBRACE THE QUIET DEPTH AND TRANSFORMATIVE ENERGY OF KRIYA YOGA DURING THIS SPECIAL FUNDRAISING RETREAT FOR HAND IN HAND. SET IN THE BEAUTIFUL GLASKOGEN NATURE RESERVE, YOU'RE INVITED TO RECONNECT WITH YOUR INNER NATURE AND RETURN TO STILLNESS. WITH DAILY GUIDANCE BY KRIYA YOGA TEACHER RAJARSHI PETER VAN BREUKELLEN, THIS RETREAT OFFERS A GENTLE PATHWAY TOWARD DEEPER AWARENESS AND SPIRITUAL GROWTH.

THE PROGRAM CONSISTS OF:

2 DAILY MEDITATIONS

HATHA YOGA CLASSES

NATURE WALKS IN THE GLASKOGEN NATURE RESERVE

CANOEING AND SWIMMING IN THE BEAUTIFUL LAKES WITH PICNIC

CAMPFIRE SHARING

TIME FOR PERSONAL CONTEMPLATION AND RELAXATION

Lakeside Retreat

DATE: FRIDAY 24 JULY - SATURDAY 01 AUGUST 2026

RETREAT FEE: 850 EURO - INCLUDES ACCOMMODATION AND ALL MEALS

PART OF THE FEE WILL BE DONATED TO FOUNDATION HAND IN HAND

LOCATION: LAKESIDE RETREAT CENTER, GLASKOGEN NATURE RESERVE, GLAVA

(GOOGLE MAPS: 'LAKESIDE RETREAT SWEDEN')

LANGUAGE: ENGLISH

REGISTRATION AND INFORMATION: INFO@LAKESIDERETREAT.ORG

GIRI PRINS & NICOLE PRINS-BAARS / PHONE: +46-73-0777357 OR +46-73-0913685

WWW.LAKESIDERETREAT.ORG / WWW.KRIYA.ORG / WWW.HANDINHAND.AT

Note: this Kriya Yoga program is open to anyone who has been initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda. You can be initiated during the program on July 25th. If you would like to participate but are not yet initiated, please contact us.

