

Kriya Yoga

Kriya Yoga is a simple, scientific and effective exercise system based on breathing and meditation techniques and free of ascetic exercises. The practice of Kriya Yoga leads to spiritual development, influences the entire nervous system and helps to develop a clear, calm mind. Kriya Yoga is a spiritual path that integrates everyday life, family and work, and enables one to experience the living presence of the divine within oneself - in the midst of daily activities and commitments, free from religious dogmas and beliefs.

Circle of participants	Persons aged 16 and over who are genuinely interested in a spiritual path
Event location	Practise for Holistic Physiotherapy Eric Fettke and Team Bölschestreet 108, 12587 Berlin www.physiotherapie-friedrichshagen.de
Costs	Swami Yogeswarananda teaches free of charge, but donations are welcome. All of these donations go to the Karar Ashram.
Board and lodging	Board and lodging are the responsibility of the participants. There is limited possibility to stay overnight in the event rooms. Please consult us in this case.
Take with you	Comfortable clothes, blanket, if possible yoga mat and seat cushion. There are also some yoga mats and cushions in the event rooms. Sleeping equipment in case you will stay overnight in the event rooms.
Registration	A short info would be nice (for better planning)
Info	For question and information: Christian Geike christian@kriyayoga-berlin.de www.kriyayoga-berlin.de

Program

Friday, 17th May

19.30 – 21.00 o'clock

The authentic Kriya Yoga – Introductory talk by Swami Yogeswarananda

world View and Basic Ideas of the Classical Philosophy of India –Embedding Kriya Yoga – Principles, Goals and Structure of Kriya Yoga – Tradition and Master of the Karar Ashrams – Questions and Answers

Saturday, 18th Mai

10.00 – ca. 13.00 o'clock

Initiation
Traditional Introduction to the techniques of Kriya Yoga by Swami Yogeswarananda. The initiation is a prerequisite for participation in all further meditations and teachings.

15.00 – 18.00 o'clock

Kriya-Yoga-Meditation;
Explanations about the technique

Sunday, 19th May

9.00 – 10.30 o'clock

Practise

introduction and meditation

10.30 – 12.00 o'clock

Teachings, Questions & Answers (satsang)

15.00 – 18.00 o'clock

Meditation; Explanations about the technique
Interpretation of Yoga Sutras

Monday/Tuesday

20. – 21. Mai

Location, Time and Program still open

- daily meditations / questions & answers
- philosophical debate, possibly about Brahman/ Vedic metaphysics may be possible.
- Interpretation of the Bhagavad Gita possible
- Introduction to Vedic Astrology possible.
- Boat trip on lake Müggelsee possible

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**Wednesday,
22th May**

Location, Time and Program still open

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- The lessons are held in English with German translation.
- For internalization and practice of the technique it is recommended to participate in as many guided meditations as possible after the initiation
- Only the transmission of a technique is connected with the initiation, not a change of the own belief system. Every practitioner should maintain his own path of faith. The only prerequisite is the serious wish to practice the technique regularly. Each disciple is personally initiated. The initiation corresponds to the traditional ritual: Symbolically, five flowers (corresponding to the five sensory organs), five fruits (symbol of one's own previous actions) and a donation (symbol of the gross body) are offered.