

International KRIYA-YOGA-Silence-Retreat

2nd, November till 6th November 2022



with Rajarshi Peter van Breukelen, Swami Chidrupananda Giri, Swami Mangalananda Giri, Swami Karunananda Giri, Yogacharya Claudia Cremers

Time	Wednesday 02. 11.2022	Thursday 03.11.2022	Friday Day of silence, 4.11.2022	Saturday Day of silence, 5.11.2022	Sunday 06.11.2022
6.30 h - 7.45 h		Meditation	Meditation	Meditation	Meditation
8.00 h		Breakfast	Breakfast	Breakfast	Breakfast
9.15 - 10.15h		Lecture	Lecture	Lecture	Lecture
11.00 h - 12.30 h		Meditation I Meditation II	Meditation I Meditation II	Meditation I Meditation II	Meditation
12.30h	Arrival/ Registration	Lunch	Lunch	Lunch	Lunch
					End of Retreat
15h-16h		Lecture	Lecture	Lecture	
16.30 h - 17.45 h		Meditation I Meditation II Silence	Meditation I Meditation II	Meditation I Meditation II End of silence	
18.30 h	Dinner	Dinner	Dinner	Dinner	
19.30 h	Welcome Meditation	Questions and Answers	Questions and Answers	Concert	