



Kriya Yoga meditation retreat

with

Swami Shankarananda Giri



- November 4th to 13th 2018 -

Dear all,

We would like to inform you that the next retreat with Swami Shankarananda Giri is going to take place on 4th to 13th November 2018 at Kriya Yoga Ashram, Rishikesh.

The ten-day program includes seven days of Kriya Yoga retreat that will focus on the in-depth practice of Kriya meditation and silence.

In addition to morning and evening meditations, a third session of meditation will be held before midday.

We will take advantage of the retreat to review in detail all parts of techniques, depending on the level of Kriya you have.

Swamiji will guide us in our daily practice and will enlighten with his highly concrete and metaphorical teaching. Question and answer sessions will be held regularly.

Hyranyagarba Temple was created to honor the lineage of the Masters and to offer the Kriyabans a favorable and blessed place to deepen their sadhana.

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Registration are open from June till October 15th.

Please register with your country coordinator or mail to shankara.kriya.infos@gmail.com if your are not linked to any group, or if you have a special query.

It is **mandatory** to provide **all the details of your flight, back and forth:**

- name ...
- e-mail ...
- arrival day, time and place ...
- departure day, time and place ...

Cost : 300 € from 4th to 13rd November.

This amount includes all accommodation in ashram and program. Any additional donation to ashram or to Swamiji is upon your appreciation. You will be accommodated in double rooms or larger triple rooms (*there are few single rooms reserved for special cases / additional cost is 50€ for the stay*). If you prefer to share a room with a particular individual, please let us know.

The cost of the seminar will be payable **right upon arrival**. We have fixed a new rule, payments must be done **at the reception** the first day, while you register your passport and get your room key.

You are requested to **prepare the money in advance**, in an envelope with your name. You can pay in **euros, dollars or rupees**.

For 10 days seminar (prices can slightly change according on the currency rate...)

- **300 € / 24000 Rs / 350 \$ for foreigners**
- **200 € / 16000 Rs for Indians living in India**

For additionnal stay before or after the seminar, the cost for accommodation per day is:

- **600 Rs / 7.50 € / 8.80 \$**

Kriya yoga initiation: 6th of November

New participants can receive the First Kriya initiation during the seminar.

For the initiation ceremony one may provide:

- a donation of **3100 Rs / 42.00 € / 48 \$**
- 5 fruits
- 5 flowers,
- 1 packet of ghee + 1 packet of incence.

Fruits can be bought in the small shops front of the ashram.

We can buy the flowers, ghee and incence for you for **300 Rs**.

There will be only 1st Kriya initiation.

Atrology reading

You can book an appointment with Swamiji (± 20 minutes) or with Jean (± 45 minutes) to check your chart, receive mantra according to your planets and advices for your life and spiritual path. Please provide your **day, time and place** of birth.

Cost for chart reading is on donation, with minimum 3000 Rs

Travel details

The best way to reach Rishikesh is to fly from your country to Delhi and then take a domestic flight to Dehradun airport (30 km to the ashram). <https://www.cleartrip.com/offers/india/domestic-flights>

You can book a taxi to pick you up at Dehradun airport according to your arrival time. Cost is about 800 / 1000 Rs for a car, 3 or 4 seats and luggage. Call **Sahdev**, taxi driver in Rishikesh, on his Whats'App: **+91 963 489 1129** . Otherwise you will always find at the airport many local taxis.

You can also book a taxi from Delhi airport to Rishikesh (6 to 8 hours drive) with Sahdev or try this link: <https://www.makemytrip.com/cabs>

Send your travel details as soon as you have your booking reference.

All participants must reach the ashram a day or two before the program starts and be ready on november 6.

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Note : do not contact Rishikesh ashram individually for booking room or taxi.