



KRIYA YOGA SEMINAR
at Cinqfontaines (Luxembourg)
10th -12th June 2016



Seminar at the « Home Léon Dehon »
of the Monastery of Cinqfontaines (« Fünfbrunnen »)
in the north of Luxembourg near the trainstation in Troisvierges, guided by
Yogacharya Claudia Cremers and
Swami Achalananda Giri



Costs : from 160 € onwards
(2 nights and vegetarian food included)

Information/inscription

E-mail : kriyayogaluxemburg@hotmail.com

Contact : Alan Govan (00352) 621 653 212 (daytime) or
Sabine Schulze (00352) 621 42 75 31 (evening)



Yogacharya Claudia Cremers

Yogacharya Claudia Cremers was initiated into Kriya Yoga by Rajarshi Peter Baba in 1987 and met the great master of Kriya Yoga Paramahansa Hariharananda in 1990 in New York. Since then she travelled frequently to India, Europe, and the USA to stay and meditate with Baba Hariharanandaji. She was authorized to initiate other seekers into Kriya Yoga in May 2007.

Claudia was born in the Netherlands, studied music and law in Amsterdam and post-graduate government studies in Paris (ENA). From 1987 to 2012 she worked as a government official in international affairs.

Since 2012 she retired to the Sterksel ashram to devote more time to spiritual service and to teaching Kriya Yoga.

Le séminaire avec Claudia et Swamiji sera pour presque toute la durée bilingue (anglais et français).

The seminar will be conducted in French and English.

Eine deutsche Übersetzung während des Seminars ist möglich!

Swami Achalananda Giri

Swami Achalananda Giri was born in 1966 as P. Shrihari Aiyer in the State of Kerala, South India. After a degree in Mechanical Engineering from the *University College of Engineering* in Orissa he worked for 26 years in the petroleum industry in India and in Kuwait.

In July 2000, he was initiated into Kriya Yoga by Paramahansa Prajnanananda. A few years later he participated in the *2nd Brahmachari Residential Course* organized by the Prajnana Mission. During this period P. Shrihari Aiyer decided to retire from the mundane life.

After several years of spiritual practice and selfless service (Seva) he was ordained as a monk in the Giri monastic order in February 2012 and given the name Swami Achalananda Giri.

Currently, Swamiji resides in Jagatpur where he lends his work as the secretary of the Prajnana Mission. Recently he started to participate in some projects in the world, with the aim of spreading the mystic science of Kriya Yoga.



Participation fee

The participation fee of 160 € includes the contribution to the seminar, the overnight stay (2 nights in a dormitory of maximum 8 persons at the « Home », showers and toilets on the corridor) and vegetarian food (3 meals a day).

- If you would like to sleep in the Monastery in a single room (with a sink, shower on the corridor) you have to pay a supplement of 17 € per night.

- If you will not sleep/eat on the location the contribution to the seminar will be 20 € per day or for the new initiates 10 € p.d

You can pay your participation fee upon your arrival.

On the spot

- For those who will sleep at the « Home » : Please bring bedsheets, a bed-cover and towels.
- Please bring a mat (like an Isomat), a warm blanket and a cushion for the meditation. (The meditation room has a tiled floor!)
- To support our cook we ask you to participate at the "Seva" in the kitchen.
- At the end of the seminar we kindly request you to give a helping hand for the cleaning.

Every day 2nd Kriya meditation.

Timetable

Friday, 10th June 2016

10h30: Arrival with refreshments
 11h30: Meditation
 13h: Lunch
 16h: Satsang
 17h: Meditation (1st and 2nd Kriya)
 19h: Evening dinner
 21h: Satsang

Our cook is a professional vegetarian !

Saturday, 11th June 2016

7h: Meditation
 8h30: Breakfast
 10h: Initiation and meditation
 13h: Lunch
 16h: Class
 17h: Meditation (1st and 2nd Kriya)
 19h: Evening dinner
 21h: Satsang

Sunday, 12th June 2016

7h: Meditation (1st et 2nd Kriya)
 8h30: Breakfast
 10h15: Class
 11h45: Meditation
 13h: Lunch
 14h: Cleaning
 15h: End and departure

There is the possibility to arrive already on Thursday evening. Please contact us for further information.



How to register?

To register for the seminar at Cinqfontaines you just need to copy your choices from the registration-form and send them back to the e-mail-address below:

kriyayogaluxemburg@hotmail.com

Please choose what corresponds to your choice

- ☐ I am initiated into Kriya Yoga (date and name of the Swami or Yogacharya):
- ☐ I would like to take initiation on Saturday, 11th June at 10h. *Please bring 5 flowers, 5 fruits and a donation of 150 €.*
- ☐ I would like to sleep at the « Home » in a dormitory and I will participate in the entire seminar (Friday till Sunday), at the cost of 160 € (55 € for the new initiates, Saturday and Sunday or 100 € Friday till Sunday).
- ☐ I would like to sleep at the « Home » in a dormitory and I will participate per day (one night and a whole day), at the cost of 70 €. Please indicate the date:
(For the new initiates it is advisable to participate both Saturday and Sunday).
- ☐ I would like to sleep at the Monastery in a single room (limited availability of 10 rooms!) and I will participate in the entire seminar (Friday till Sunday), at the cost of 195 € (95 € for the new initiates, Saturday and Sunday or 147 Friday till Sunday).
- ☐ I would like to sleep at the Monastery in a single room (limited availability of 10 rooms!) and I will participate per day (one night and a whole day), at the cost of 87 €. Please indicate the date:
(For the new initiates it is advisable to participate both Saturday and Sunday).
- ☐ I will come by train and I need transport from/to the station at Troisvierges (2 km to Cinqfontaines). Please get in contact with us: *Tel. (00352) 621 653 212 (daytime)*
- ☐ I would like to get information for the itinerary to Cinqfontaines (please choose what corresponds: train carsharing, by car)

Your contact details

Surname/forename:

Address:

Postal code and city:

Phone/fax:

e-mail: