

**KRIYA YOGA SEMINAR**  
**WITH SWAMI SHANKARANANDA GIRI**  
**October 20th to 30th 2019 –**  
**Kriya Yoga Ashram – Rishikesh**

With the blessings of the Kriya Yoga masters, Swamiji will conduct a new session of teachings for the benefit of his dear disciples. Kriyabans from all countries are warmly invited to attend the seminar. All participants are suggested to reach the ashram a day or two before, so they can have enough time to rest and accommodate. For those interested in getting the First Kriya, the initiation will take place on the very first day of the program.

**Cost:** 330 € from 20 to 30 October or 30 € per day for a shorter period.

This amount includes all - accommodation in the ashram and daily teachings. 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 very few single rooms reserved for special cases / additional cost is 50€ for the stay).

The cost of the seminar will be payable upon arrival to the coordinators of each country. You are requested to prepare the money in advance (in an envelope), to make collection easier. You can pay in Euros, Dollars or Indian rupees.

For those who come before the seminar or remain longer, the cost of the accommodation per day is 600 rupees / 8.50 €.

**Registration:**

Please register with **your country coordinators**.

For a better coordination on arrival, please provide all the details of your flight as soon as you have booked your ticket (name, e-mail, day of arrival, time and place).

The best way to reach Rishikesh from your country is to fly to Delhi and then take a domestic flight to Dehradun airport (16 km to the ashram). We can arrange taxis at the airport according to your arrival time. Cost is about 800 Rs for a car, 3 or 4 seats and luggage.

Note: Please, do not contact Rishikesh ashram individually.