

Kriya Yoga Meditation Seminar

Ghent, February 08-09-10th 2019



**Acharya
Claudia Cremers**

The Kriya Yoga Centrum Sterksel organizes in association with Kriya yoga Institute Belgium a Kriya Yoga seminar with Claudia Cremers in Ghent.

Lecture, initiation and meditation will take place in Centrum Rustpunt, a monastery in the historical center of Ghent.

Claudia Cremers is a disciple of Paramahansa Hariharananda. She was initiated in 19897 by Rajarshi Peter van Breukelen. She was authorized to teach Kriya Yoga in 2007.

Friday February 8th

19.30h Lecture about this ancient meditation technique followed with a short meditation.

Saturday February 9th

09.00h – initiation with subsequent meditation.(from ca. 11.30h)

15.30h – 16.45h explaining the technique with subsequent meditation. (till ca. 18.00h)

Sunday February 10th

09.00h - 2^{de} Kriya meditation (only for those initiated in the 2^{de} kriya)

10.30h -12.30u question hour with subsequent meditation

15.30h -17.00u meditation

Costs

Lecture free, morning 15 euro, afternoon 15 euro, whole seminar 50 euro.

Those who come for initiation don't pay seminar costs besides the donation.

Venue

Center " het Rustpunt" , hall " Het Cenakel "

Entrance via Prinsenhof 39b , 9000 Ghent (red fence)

<https://goo.gl/maps/GBQjH577qmo>

Group meditation

Every Monday at 20.15h group meditation in Ghent.(Sint-Amansberg)

Information

<http://www.kriyayogameditation.nl>

<http://www.kriyayoga-europe.org>

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There is the possibility to stay at the guesthouse of the monastery.(55€ breakfast incl.)

For more information and reservation: info@rustpunt.net

Tel.: **0032 9/225.95.71**

Website : www.rustpunt.net

