



Kriya Yoga course with PER H.WIBE
Casal Sant Marti, August 14th to 21st 2010

In Kriya Yoga we experience the inner Silence, the foundation
for peace, happiness and self-realization.



Kriya means action and Yoga unification. Kriya Yoga is action that leads to unification, to the state of no conflict in the mind. It is a meditation practice to attain the union of breath and Soul in each inhalation and exhalation. The union of the individual soul with Spirit is called Kriya Yoga.

It is an ancient method based on the breath, the brain, the spinal column and the chakras (energy centres in the spine). The system is developed and tested through thousands of years. It contains the essence of the traditional spiritual teachings, oriental and occidental, awaking the human being to its true nature.



It will be a structured program with long meditations every day and experiences of Silence in the spirit of all the masters. Longer periods with deep meditations are a great inspiration for our daily practice. If you have not received initiation before you can receive it in the course.

You are invited to experience unity of life, in friendship and love.

Through enduring practise, you can enjoy infinite space of Silence:
"I am not there, only an unlimited space and the experience."



Kriya Yoga Seminar in Casal Sant Marti

The silence of this quite and beautiful place and the paths around invites us to go on deeper meditations and to experience the contact with nature

From **August 14th to 21st 2010**

Campelles, Ripolles (Barcelona)



The experience of Silence, the level of no-duality, is the result of long and deep meditations during the retreat.

Information about the seminar

The retreat will start on August 14th at 20:00 up to Saturday August 21st at 15:00

Initiations: will be on Sunday August 15th at 11:00

Schedules: Meditations will be every morning and afternoon. There will be free time during the day to rest and walk - 1 hour of Hatha Yoga will be lead every day

Price: 495 € - the whole week -including meditation program and full board -

Limited places: 15 persons in the house by registration order -

the rest can be hosted in a guest house or hotel which price can change slightly

The food will be vegetarian and the rooms for 2-3 people

If you feel Kriya Yoga is in your way, come and live the experience



Campelles is in the Spanish Pirinees, near Ripoll. 120 Km from Barcelona by car with 2 hours direct train to Ribes de Fresser (6 km away). We will arrange transport from Barcelona and Ribes.

Registration:

Limit date **August 2nd**
through e-mail detailing arrival and departure
time/day to airport to organize transport.

More information about the kriya yoga meditation

www.kriyabanservice.com

www.kriya-yoga.com

More information about the seminar and
registration:

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