

WORLD PEACE MISSION MID-SUMMER KRIYA YOGA

A Week of
TEACHINGS AND INITIATIONS

Saturday to Friday,
20th - 26th June 2020

The Shambhala Ashram, The Queens Hotel,
The Promenade, Penzance, TR18 4HG
www.kriyayoga.org.uk



SWAMI ALIANANDA PARAMAHANSA

It is a wonderful time to be in Cornwall for mid-summer. Learning Kriya Yoga, we enter the cosmic ocean within, finding that Supreme bliss and peace. Being here by the sea and feeling the sound, the breath, the movement of our worldly ocean, we realise the cosmic ocean within us. When we breath in union with both these oceans, we open to that creative power in the height of the mid-summer. The power of the rising sun of midsummer solstice is like the power of cosmic light arising within you illuminating your divine path in the cosmic ocean. We will find the abundance of our Supreme nature without and within through Kriya Yoga breathing, meditation and visualisation. Initiation into Kriya Yoga will be given.

PROGRAMME FOR THE WEEK (£400)

Saturday 20th

10am - 1pm Kriya Yoga Teachings with Swami
2pm - 4pm Walking in Nature (weather permitting)
(Please bring packed lunch, appropriate clothing and footwear)

Monday 22nd

10am - 1pm Kriya Yoga Teachings with Swami
2pm - 3pm Satsang questions and answers with Swami
3pm Gong Bath with Wendy Scott
(Group event £15 per person)

Wednesday 24th

10am - 1 pm Kriya Yoga Teachings with Swami
2pm - 3pm Satsang questions and answers with Swami
3pm Walking to sacred sites with Sue Bleakley guiding
(Group event £15 per person)

Friday 26th

10am - 1pm Kriya Yoga Teachings with Swami
2pm - 3pm Satsang questions and answers with Swami

To book: Contact Sapphire on 07852 365229 or email:
sapphireblue4711@gmail.com

To book accommodation at the Queens Hotel, Penzance:
Phone 01736 362371

Sunday 21st

10am - 1pm Kriya Yoga Teachings with Swami

Tuesday 23rd

Free morning to relax-shop-walk in nature
2.30pm - 3.45pm Tuesday Group Kriya
Yoga teachings at Ashram with Swami

Thursday 25th

10am - 1pm Kriya Yoga Teachings with Swami
3 pm Guided Imagery and card readings with
Sapphire *(Group event £15 per person)*

