

Days of arrival and departure included

## Kriya Yoga Europe Programmes 2019

(Subject to Change)

Teachers: Rajarshi Peter van Breukelen – PvB, Swami Mangalananda Giri – SMG, Yogacharya Claudia Cremers – YCC, Yogacharya Petra Helwig – YPH, Yogacharya Uschi Schmidtke –YUS

Date	Place	Local Contact	Phone & e-mail Contact	Teachers
11.01. – 13.01.	Rotterdam, Holland	Petra Helwig	+31 104118562 petrahelwig@icloud.com	Yogacharya Petra Helwig
11.01. – 13.01.	Warsaw, Poland	Robert Sutkowski Nadia Pawelczyk	+ 48 502 796444, rtsutkowski@gmail.com +48 691709305, npawelczyk@gmail.com	Yogacharya Uschi Schmidtke
18.01. – 20.01.	Tours, France	Sonia Djaoui	+33 247374794, +33 630289211 sonia.djaoui@gmail.com	Swami Mangalananda Giri
18.01. – 20.01.	Ljubljana, Slovenia	Dragoljub Blagojevic	+386 31 00 89 29 dragoljub.ky@gmail.com	Yogacharya Uschi Schmidtke
25.01. – 27.01.	Zaragossa, Spain	José Luis García Lloret	+34976321747,+3462828882 flxmd@yahoo.es	Swami Mangalananda Giri
25.01. – 27.01.	Sterksel, Holland (lang. Dutch)	Kriya Yoga Centrum, P. v. Breukelen	+31 40 2265 576 info@kriyayogameditatie.nl	Rajarshi Peter van Breukelen, YPH, YCC
25.01. – 27.01.	Tattendorf, Austria	Kriya Yoga - Mother Centre Europe	+43 2253 81491, kyc@kriya.eu	Yogacharya Uschi Schmidtke
01.02. – 03.02.	Wiesbaden, Germany	Ines Wirthgen	+49 611 9873274 kriyayoga-wiesbaden@gmx.de	Swami Mangalananda Giri
01.02. – 03.02.	Szeged, Hungary	Judit Soti Agnes Burges	sotijudit@gmail.com, +36 305653699 burges.agnes@gmail.com, +36 302921410	Yogacharya Uschi Schmidtke
08.02. – 10.02.	Bremen, Germany	Lutz Röpcke	+49 421 426659, lutzroepcke@aol.com	Rajarshi Peter van Breukelen
08.02. – 10.02.	Munich, Germany	Gerti & Michael Rieser	+49 89 3083939, gm.rieser@web.de	Swami Mangalananda Giri
08.02. – 10.02.	Gent, Belgium	Patrick Christens	patrick.christens@telenet.be +32 499157513	Yogacharya Claudia Cremers
08.02. – 10.02.	Graz, Austria	Helga Kropiunigg	+43 316 673784, +43 676 5502269 kommunizierendsein@web.de	Yogacharya Uschi Schmidtke
15.02. – 17.02. To be determined	Belgrade, Serbia	Bozidar Stavric, Andjelka Tomasevic, Cecilia Gonzalez	+381 641661818, istriver@yahoo.com	Yogacharya Claudia Cremers
22.02. – 24.23.	Sterksel, Holland * (2nd Kriya only, lang. Engl.)	Kriya Yoga Centrum	+31 40 2265 576 info@kriyayogameditatie.nl	Rajarshi Peter van Breukelen, YCC, YPH
08.03. – 10.03.	Riga, Latvia	Dzidra Segleniece	+371 29161674, dzseg@inbox.lv	Yogacharya Claudia Cremers
15.03. – 17.03.	Gran Canaria, Spain	Silvia Hidalgo, Julio Diaz	silviagent@hotmail.com, +34 655969019 jdiazbarrera@gmail.com, +34 620024354	Swami Mangalananda Giri
15.03. – 17.03.	Osijek, Croatia	Zdenko Petrovic	+385 99 402 44 55 zdenalotos@gmail.com	Yogacharya Uschi Schmidtke
16.03. – 17.03.	Den Haag (The Hague) Holland	Claudia Cremers	+31 40 2266217	Yogacharya Claudia Cremers

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Teachers: Rajarshi Peter van Breukelen – PvB, Swami Mangalananda Giri – SMG, Yogacharya Claudia Cremers – YCC, Yogacharya Petra Helwig – YPH, Yogacharya Uschi Schmidtke –YUS

Date	Place	Local Contact	Phone & e-mail Contact	Teachers
22.03. – 24.03.	Bad Wörishofen, Germany	Silke Weiss	+49 151 20687741 silkeweissdesign@t-online.de	Swami Mangalananda Giri
22.03. – 24.03.	Milan, Italy	Antonia Salles Matteo Paulli	+ 39 3347278122, antoniasalles@gmail.com + 39 329 3918469	Yogacharya Claudia Cremers
22.03. – 24.03.	Salzburg, Austria	Susanne & Peter Walker	+43 664 3122707, susanne.walker@outlook.at	Yogacharya Uschi Schmidtke
29.03. – 31.03.	Tattendorf, Austria	Kriya Yoga - Mother Centre Europe	+43 2253 81491, kyc@kriya.eu	Swami Mangalananda Giri
29.03. – 31.03. To be determined	Rennes, France	Antoine Brunet	twinon@hotmail.fr	Yogacharya Claudia Cremers
29.03. – 31.03.	Basel (Mariastein), Switzerland	Marina Buser	info@ganzheitlichepraxis.ch +41 614818854, +41 797493539	Yogacharya Uschi Schmidtke
03.04. – 05.04. Kriya II *	Retreat Lanckarona (near Krakow), Poland	Grazyna Sobalska Ewa Koscielny	+48 537090983, ewakoscielny@hotmail.com +48 691461109, sobgra@gmail.com	Swami Mangalananda Giri Yogacharya Uschi Schmidtke
05.04. – 09.04. Kriya I	Retreat Lanckarona (near Krakow), Poland	Grazyna Sobalska Ewa Koscielny	+48 537090983, ewakoscielny@hotmail.com +48 691461109, sobgra@gmail.com	Swami Mangalananda Giri Yogacharya Uschi Schmidtke
05.04. – 07.04.	Cologne, Germany	Thomas & Heidrun Slappa Mohr	+49 221 881383, th.mohr@yahoo.de	Rajarshi Peter van Breukelen
05.04. – 07.04.	Dublin, Ireland	Mona Brady Evelyn Hilvering	+353 868534765, kriyaireland1@gmail.com +353 61927441	Yogacharya Claudia Cremers
12.04. – 14.04.	Valencia, Spain	Peter van Benten	+34 962744737, +34 616060758 petrivb@telefonica.net	Swami Mangalananda Giri
12.04. – 14.04.	Eisenach, Germany	Petra & Thomas Sollgruber	+49 36921 27444 mail@omra-lichtboten.de	Yogacharya Uschi Schmidtke
18.04. – 22.04.	Sterksel, Holland - Eastern (lang. German)	Kriya Yoga Centrum	+31 40 2265 576 info@kriyayogameditatie.nl	Rajarshi Peter van Breukelen, YCC, YPH
23.04. – 28.04.	Sterksel, Holland (Seva Days**, lang. Engl.)	Kriya Yoga Centrum	+31 40 2265 576 info@kriyayogameditatie.nl	Rajarshi Peter van Breukelen, YCC
26.04. – 28.04.	Herrstein, Germany	Kathy Becker	+49 172 1362497, +49 6785 2498009 kathy@schau-spiel-kunst.de	Yogacharya Uschi Schmidtke
27.04. – 03.05. (arr. 26./dep 3./4.)	Tattendorf, Austria Seva Days** – stay for free	Kriya Yoga - Mother Centre Europe	+43 2253 81491, kyc@kriya.eu	Swami Mangalananda Giri Yogacharya Uschi Schmidtke
01.05. – 05.05.	Alpes de Provence (Sainte Jalle) , Retreat, France	Nicole Chaudet Charlie Roberts	instittkriya@yahoo.fr +33 614711239, charlierobert@orange.fr	Yogacharya Claudia Cremers Swami Mangalananda Giri
03.05. – 05.05.	Hamburg, Germany	Nele Müller	+49 40 86646221 mail@kriyayoga-hamburg.de	Rajarshi Peter van Breukelen

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Teachers: Rajarshi Peter van Breukelen – PvB, Swami Mangalananda Giri – SMG, Yogacharya Claudia Cremers – YCC, Yogacharya Petra Helwig – YPH, Yogacharya Uschi Schmidtke – YUS

Date	Place	Local Contact	Phone & e-mail Contact	Teachers
10.05. – 12.05.	Athens, Greece	Anna Paraskevidou	+30 6955811332, paraskanna@gmail.com	Swami Mangalananda Giri
10.05. – 12.05.	Trier, Germany	Rita Müller	+49 17658387799 kriyayoga-trier@web.de	Yogacharya Uschi Schmidtke
17.05. – 19.05.	Berlin, Germany	Christoph & Valentina Albertini	+49 170 5569938, info@kriya-berlin.de	Rajarshi Peter van Breukelen
17.05. – 19.05.	Braga, Portugal	Nuno Carvalho	+351 933 292 713 institutokriyayoga@gmail.com	Swami Mangalananda Giri
17.05. – 19.05.	Kolobrzeg, Poland	Ryszard Kasprzak Danuta Sadowska	+ 48 502111394, kasprzak.sana@wp.pl + 48 601910306, desadd@o2.pl	Yogacharya Claudia Cremers
17.05. – 18.05. Evening - midday	Salzburg, Austria (Kriya I + II)	Susanne & Peter Walker	+43 664 3122707, susanne.walker@outlook.at	Swami Achalananda Giri
18.05. – 19.05.	Munich, Germany	Gerti & Michael Rieser	+49 89 3083939, gm.rieser@web.de	Swami Achalananda Giri
20.05. – 23.05. 24.05. – 26.05.	Retreat London, UK London, UK	Hagen Rampes	+44 705027382 info@kriyayogauk.com	Swami Achalananda Giri
30.05. – 03.06.	Sterksel, Holland (lang. Engl.)	Kriya Yoga Centrum	+31 40 2265 576 info@kriyayogameditatie.nl	Swami Achalananda Giri, PvB, YCC, YPH
05.06. – 12.06. Evening - midday	Tattendorf, Austria First and Higher Kriya Retreat*	Kriya Yoga - Mother Centre Europe	+43 2253 81491, kyc@kriya.eu	Swami Achalananda Giri, PvB, SMG, YCC, YPH, YUS
14.06. – 19.06.	Budapest, Hungary Retreat Budapest Hungary	Daniela Santha	+36 630 9339693 daniela.santha@gmail.com	Swami Achalananda Giri Yogacharya Uschi Schmidtke
21.06. – 23.06.	Bielsko-Biala, Poland	Iwona Bukowska	+48 696067268 iwon.bukowska@gmail.com	Swami Mangalananda Giri
21.06. – 23.06.	Crestet - Avignon, France	Charlie Robert	+33 614711239 charlierobert@orange.fr	Yogacharya Claudia Cremers
21.06. – 23.06.	Hanover, Germany	Michael Krohn Florian Berief	michael_krohn@posteo.de +49 5113940976, florianberief@web.de	Yogacharya Uschi Schmidtke
28.06. – 30.06.	Frankfurt, Germany	Milorad Nikolic, Margit Kremeyer Christiane Grießer	+49162 2659628, + 49 1735626754 + 49 6081 442681 kriyayoga.frankfurt@gmail.com	Yogacharya Uschi Schmidtke
29.06. – 30.06.	Tallow (Cork), Ireland	Sue Hinnell Evelyn Hilvering	+353 892536880, +353 61927441 kriyairland1@gmail.com	Swami Mangalananda Giri
01.07. – 07.07.	Meditation and Hiking Retreat, Ireland	Sue Hinnell Evelyn Hilvering	+353 892536880, +353 61927441 kriyairland1@gmail.com	Swami Mangalananda Giri
05.07. – 07.07.	Freiburg, Germany	Klaus Kniffka	+49 7664 4036202, kkniffka@t-online.de	Yogacharya Uschi Schmidtke

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## Kriya Yoga Europe Programmes 2019

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Teachers: Rajarshi Peter van Breukelen – PvB, Swami Mangalananda Giri – SMG, Yogacharya Claudia Cremers – YCC, Yogacharya Petra Helwig – YPH, Yogacharya Uschi Schmidtke –YUS

Date	Place	Local Contact	Phone & e-mail Contact	Teachers
10.07. – 14.07.	<b>Sterksel, Holland</b> (lang. French/English)	<b>Kriya Yoga Centrum</b>	+31 40 2265 576 info@kriyayogameditatie.nl	<b>Rajarshi Peter van Breukelen,</b> <b>Yogacharya Claudia Cremers</b>
12.07. – 14.07.	<b>Kiel, Germany</b>	<b>Jutta</b>	kriyayoga-kiel@gmx.de	<b>Swami Mangalananda Giri</b>
18.07. – 21.07.	<b>Retreat Malmö Sweden</b>	<b>Peter Strinnö</b>	+46 704941911, peter.strinno@gmail.com	<b>Swami Mangalananda Giri</b>
19.07. – 21.07.	<b>Tattendorf, Austria</b>	<b>Kriya Yoga - Mother Centre Europe</b>	+43 2253 81491, kyc@kriya.eu	<b>Yogacharya Uschi Schmidtke</b>
22.07. – 25.07. (arr. 21. /dep 26.)	<b>Tattendorf, Austria</b> Seva Days** – stay for free	<b>Kriya Yoga - Mother Centre Europe</b>	+43 2253 81491, kyc@kriya.eu	<b>Swami Mangalananda Giri</b> <b>Yogacharya Uschi Schmidtke</b>
26.07. – 28.07.	<b>Oldenburg (Kirchhatten), Germany</b>	<b>Rainer Kersten</b>	+49 15112645038 vidyananda@kidokwon.de	<b>Swami Mangalananda Giri</b>
26.07. – 28.07.	<b>Munich, Germany</b>	<b>Gerti &amp; Michael Rieser</b>	+49 89 3083939, gm.rieser@web.de	<b>Yogacharya Uschi Schmidtke</b>
28.07. – 02.08.	<b>Meditation and Hiking Retreat - Harz, Germany</b>	<b>Andreas Schulte</b> <b>Yvonne Krüger- Schulte</b>	krueger-schulte@arcor.de	<b>Swami Mangalananda Giri</b>
02.08. – 07.08.	<b>Sterksel, Holland</b> (lang. English)	<b>Kriya Yoga Centrum</b>	+31 40 2265 576 info@kriyayogameditatie.nl	<b>Rajarshi Peter van Breukelen,</b> <b>YCC, YPH</b>
02.08. – 09.08.	<b>Meditation and Hiking Retreat, Elm, Switzerland</b>	<b>Christine Glauser</b>	+41 794859734 info@yoga-kuesnacht.ch	<b>Swami Mangalananda Giri</b> <b>Yogacharya Uschi Schmidtke</b>
09.08. – 18.08.	<b>Retreat Berlin -Wilhelmsaue Germany</b>	<b>Anschi Nagler</b>	+ 49 15774667014, info@kriya-berlin.de	<b>Swami Mangalananda Giri</b> <b>Yogacharya Uschi Schmidtke</b>
23.08. – 28.08.	<b>Taraska, Poland - Retreat</b>	<b>Ania Szczesna</b> <b>Nadia Pawelczyk</b>	+48 974 903 422, angelania@hotmail.com +48 691709305, n.pawelczyk@gmail.com	<b>Swami Mangalananda Giri</b> <b>Yogacharya Uschi Schmidtke</b>
30.08. – 03.09.	<b>Sterksel, Holland</b> (lang. Engl.)	<b>Kriya Yoga Centrum</b>	+31 40 2265 576 info@kriyayogameditatie.nl	<b>Swami Atmavidyananda Giri</b> <b>PvB, YCC, YPH</b>
04.09. – 11.09.	<b>Tattendorf, Austria</b> Ashram Foundation Seminar	<b>Kriya Yoga - Mother Centre Europe</b>	+43 2253 81491, kyc@kriya.eu	<b>Swami Atmavidyananda Giri</b> <b>PvB, SMG, YCC, YPH, YUS</b>
14.09. – 18.09.	<b>Riga, Latvia - Retreat</b>	<b>Dzidra Segleniece</b>	+371 29161674, dzseg@inbox.lv	<b>Swami Mangalananda Giri</b>
20.09. – 22.09.	<b>Paris, France</b>	<b>Nicole Chaudet</b>	institkriya@yahoo.fr	<b>Rajarshi Peter van Breukelen</b>
20.09. – 22.09.	<b>Freudenberg, Germany</b> (near Aschaffenburg)	<b>Gertraud &amp; Wilfried Kirstein</b>	+49 93771542, shanti108@t-online.de	<b>Yogacharya Uschi Schmidtke</b>
20.09. – 22.09.	<b>Rotterdam, Holland</b>	<b>Petra Helwig</b>	+31 104118562, petrahelwig@icloud.com	<b>Yogacharya Petra Helwig</b>
26.09. – 29.09.	<b>Salzburg, Austria – Retreat</b> Geistliches Zentrum Embach	<b>Susanne &amp; Peter Walker</b>	+43 664 3122707, susanne.walker@outlook.at	<b>Yogacharya Uschi Schmidtke</b>

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Date	Place	Local Contact	Phone & e-mail Contact	Teachers
27.09. – 29.09.	Gdynia, Poland	Danuta Sadowska Michal Kraska	+48 601910306, desadd@o2.pl michal@seniovita.pl	Yogacharya Claudia Cremers
04.10. – 06.10.	London, UK	Hagen Rapses	+44 705027382 info@kriyayogauk.com	Rajarshi Peter van Breukelen
04.10. – 06.10.	Constanta, Romania	Magdalena Stepanian	+40 722 598 311 kriya.romania@yahoo.com	Swami Mangalananda Giri
04.10. – 06.10.	Marseille, France	Charlie Robert	+33 614711239 charlierobert@orange.fr	Yogacharya Claudia Cremers
04.10. – 06.10.	Wroclaw, Poland	Mirosław Kądział	+48 501 088 568, alfaton@alfaton.com.pl	Yogacharya Uschi Schmidtke
11.10. – 13.10.	Zagreb, Croatia	Katija Zubcic	+ 385 917998916 katija.zubcic@gmail.com	Yogacharya Uschi Schmidtke
11.10. – 13.10.	Sterksel, Holland * (2nd Kriya, lang. English)	Kriya Yoga Centrum	+31 40 2265 576 info@kriyayogameditatie.nl	Rajarshi Peter van Breukelen, YCC, YPH
14.10. – 20.10.	Sterksel, Holland (Seva Days**, lang. Engl. )	Kriya Yoga Centrum	+31 40 2265 576 info@kriyayogameditatie.nl	Rajarshi Peter van Breukelen, YCC
18.10. – 20.10.	Trier, Germany	Rita Müller	+49 17658387799, kriyayoga-trier@web.de	Yogacharya Uschi Schmidtke
19.10. – 20.10. To be determined	Den Haag (The Hague) Holland (lang. Dutch, Engl.)	Claudia Cremers	+31 40 2266217	Yogacharya Claudia Cremers
25.10. – 27.10.	Bad Wörishofen, Germany	Silke Weiss	+49 151 20687741 silkeweissdesign@t-online.de	Yogacharya Uschi Schmidtke
25.10. – 27.10.	Belgrade, Serbia	Bozidar Stavric, Andjelka Tomasevic, Cecilia Gonzalez	istriver@yahoo.com, +381 641661818, +381 63326373, chechagon@hotmail.com	Yogacharya Claudia Cremers
25.10. – 27.10.	Stuttgart, Germany	Jutta Essinger	+49 711 28446680, juttamargit@gmx.de	Swami Mangalananda Giri
01.11. – 03.11.	Budapest, Hungary	Daniela Santha	+36 630 9339693 daniela.santha@gmail.com	Yogacharya Petra Helwig
01.11. – 03.11.	Nuremberg, Germany	Agi Hirl	kriyayoga-nbg@t-online.de	Yogacharya Uschi Schmidtke
06.11. – 10.11.	International Retreat Frankfurt, Germany	Elke & Wolfgang Lang	+351 914 479 333, e.lang@sapo.pt	Rajarshi Peter van Breukelen, SMG, YCC, YUS
15.11. – 17.11.	Tattendorf, Austria	Kriya Yoga - Mother Centre Europe	+43 2253 81491, kyc@kriya.eu	Swami Mangalananda Giri
15.11. – 17.11.	Sterksel, Holland (lang. Dutch)	Kriya Yoga Centrum	+31 40 2265 576 info@kriyayogameditatie.nl	Rajarshi Peter van Breukelen, YCC, YPH
22.11. – 24.11.	Munich, Germany	Gerti & Michael Rieser	+49 89 3083939, gm.rieser@web.de	Rajarshi Peter van Breukelen

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Teachers: Rajarshi Peter van Breukelen – PvB, Swami Mangalananda Giri – SMG, Yogacharya Claudia Cremers – YCC, Yogacharya Petra Helwig – YPH, Yogacharya Uschi Schmidtke –YUS

Date	Place	Local Contact	Phone & e-mail Contact	Teachers
22.11. – 24.11.	Hamburg, Germany	Nele Müller	+49 40 86646221 mail@kriyayoga-hamburg.de	Yogacharya Claudia Cremers
22.11. – 24.11	Basel (Mariastein), Schweiz	Marina Buser	info@ganzheitlichepraxis.ch +41 614818854, +41 797493539	Yogacharya Uschi Schmidtke
28.11. – 30.11.	Krakow, Poland	Ewa Koscielny Grazyna Sobalska	+48 537090983, ewakoscielny@hotmail.com +48 691461109, sobgra@gmail.com	Yogacharya Uschi Schmidtke
06.12. – 08.12.	Mainz, Germany	Andreas Dörnfeld, Brigitte Schwarz	+49 6136 44575, +49 6131 907 3 907 doernfeld@gmx.net brigitte@naturheilpraxis-schwarz.de	Swami Mangalananda Giri
06.12. – 08.12. To be determined	Milan, Italy	Antonia Salles Matteo Paulli	+ 39 3347278122, antoniasalles@gmail.com + 39 329 3918469	Yogacharya Claudia Cremers
07.12. – 08.12.	Retreat Eisenach, Germany	Petra & Thomas Sollgruber	mail@omra-lichtboten.de +49 36921 27444	Yogacharya Uschi Schmidtke
13.12. – 15.12.	Warsaw, Poland	Robert Sutkowski Nadia Pawelczyk	+ 48 502 796444, rtsutkowski@gmail.com +48 691709305, npawelczyk@gmail.com	Yogacharya Petra Helwig
13.12. – 15.12	Berlin, Germany	Christoph & Valentina Albertini	+49 170 5569938, info@kriya-berlin.de	Swami Mangalananda Giri
24.12. – 01.01.	Sterksel, Holland (lang. Engl.)	Kriya Yoga Centrum	+31 40 2265 576 info@kriyayogameditatie.nl	Rajarshi Peter van Breukelen, YCC, YPH
24.12. – 01.01.	Tattendorf, Austria	Kriya Yoga - Mother Centre Europe	+43 2253 81491, kyc@kriya.eu	Swami Mangalananda Giri Yogacharya Uschi Schmidtke

**Higher Kriya Retreat/2<sup>nd</sup> Kriya \*** – for Kriyavans who have been initiated in any of the higher Kriyas by authorized teachers of this lineage of Kriya Yoga of Paramahansa Hariharananda and Paramahansa Prajnanananda are welcome to attend this retreat and also for those who have practiced Kriya I for a minimum of 3 years and who have additionally got permission from a Kriya teacher to be initiated into Kriya II.

**Seva Days\*\*)** – Days for selfless service, free board and lodging

     - Retreats are colored in green