

## Retreat at Munster du 4 au 8 May 2024

Trilingual programme (German-English) translated into French.  
with



Dear Kriyavans,

We are delighted to offer you a Kriya Yoga retreat in the Haut Rhin in the Grand-Est region of Alsace, in a rejuvenating setting offering Vosges scenery and signposted walks,  
with

**Swami Mangalananda Giri, Swami Karunananda Giri & Yogacharya Claudia Cremers**

at La Maison du Kleebach - 5, route de Kleebach - 68140 - Munster

<https://www.maisondukleebach.org/>



*This programme is part of the 50th anniversary of Baba Hariharananda's visit to Europe.*

Commémoration des 50 ans de Shri Gurudev en Occident

La vision du grand Maître

1974 - 2024

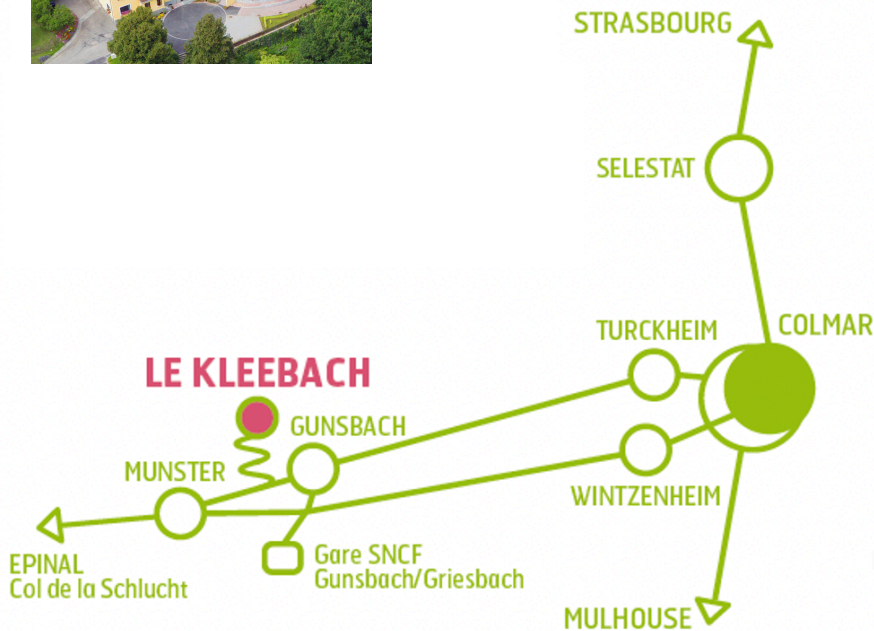
It was in 1974 that he first left his beloved India to embrace the world with his divine love. The year 2024 will mark the 50th anniversary of his coming to the West. 1996 was his last visit to India and 1998 his last visit to Europe. This year, 2023, is the 25th anniversary of his last intercontinental journey. He worked tirelessly in the service of humanity with his sadhana and his teachings.

### Easy to get to:

By train: Paris Est/Colmar then Colmar/Munster Gare SNCF Gunsbach/Griesbach

By car: approximately 6 hours from Paris, 2 hours from Zurich et 5 hours from Munich

By plane: airport at Bâle-Mulhouse-Fribourg or Strasbourg



> Pensez environnement : privilégiez le train  
(TER Colmar - Metzeral, arrêt Gunsbach ou Munster)  
ou le covoiturage.

## Formule avec hébergement




### Accommodation includes :

4 nights' accommodation with vegetarian breakfasts, lunches and dinners;

o The rooms offered are either shared (2, 3 or 4 beds). ~~The other rooms can be individualised for an additional charge of €15 per night per person, i.e. €60 for retirement.~~ **Full**

o Two rooms are adapted for people with reduced mobility.

o You can be accompanied by a person who will not be taking part in the programme (child, spouse, or other) if places are available.

The rooms are all equipped with washbasins , showers  and WCs 

Bed linen is provided (sheets and pillowcases , excluding towels and flannels).

### If you are already an initiate

#### Amount requested :

Full retreat: 4 days - **€428** per person.

Reminder: if you have not yet paid, please add the €10 membership fee for 2024.

### For people being initiated:

K1: €345 + €150 (donation) + €10 (membership) = **€505** with accommodation

### Full retreat for people who have already started: 3 options are available

1) Payment by cheque in 4 instalments:

o 1 cheque for 107 € (as a deposit - it will not be reimbursed if you withdraw) - cashed on registration on receipt of the cheque;

o + 3 cheques for €107, enclosed with your registration, in the same envelope. You can indicate on the back of the envelope which month each cheque should be cashed. This will enable you to spread out the payment.

2) **Pay by bank transfer in 4 instalments:**

o 1 initial transfer of €107 (to be used as a deposit - it will not be reimbursed if you withdraw)

o + 3 transfers of the remaining amount to be made before the end of April 2024. **Don't forget to specify the purpose of the transfer.**

3) Pay the sum of €428 in one go, by cheque or bank transfer. In all cases, €107 will be used as a deposit.

Please note that if a person cuts short their stay, there will be no reimbursement as the costs incurred are due to the Centre hosting us (service, food, cleaning, etc.).

### Complete retirement for future initiates: 3 options are available

1) Pay by cheque in 3 instalments:

o 1 cheque for 115 € (as a deposit - it will not be reimbursed if you withdraw) - cashed on registration on receipt of the cheque;

o + 2 cheques for €115, enclosed with your registration, in the same envelope. You can indicate on the back of the envelope which month each cheque should be cashed. **This will enable you to spread out the payment.**

2) Pay by bank transfer in 3 instalments:

o 1 initial transfer of €115 (to be used as a deposit - it will not be reimbursed if you withdraw)

o + 2 transfers of the remaining amount to be made before the end of April 2024. **Don't forget to specify the purpose of the transfer.**

3) Pay the sum of €345 in one go, by cheque or bank transfer. In all cases, €113 serves as a non-refundable deposit. **Don't forget to specify the purpose of the transfer.**

Please note that if a person cuts short their stay, there will be no reimbursement as the costs incurred are due to the Centre hosting us (service, food, cleaning, etc.).

Bulletin d'inscription à envoyer par courrier à :

**Nicole CHAUDET**

**Secrétaire IKY**

**2, impasse du pont de pierre**

**72530 - Yvré l'Évêque – France**

**☎ 02 43 89 44 18**

ou par courriel :

**institkriya@yahoo.fr**

Ce relevé est destiné à être remis, sur leur demande, à vos créanciers ou débiteurs appelés à faire inscrire des opérations à votre compte (virement, paiement de quittance, etc). Son utilisation vous garantit le bon enregistrement des opérations en cause et vous évite ainsi les réclamations pour erreurs ou retards d'imputation.

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<i>code étab.</i>	<i>code guichet</i>	<i>numéro de compte</i>	<i>clé RIB</i>	<i>domiciliation</i>

IBAN

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### Fonds de solidarité

Nous proposons un fonds de solidarité. Le principe est le suivant : ceux qui le peuvent et le souhaitent donnent davantage ; ceux qui ont besoin d'une aide en font la demande au secrétariat.





## REGISTRATION FORM

Retreat in Munster (68)

Swami Mangalananda Giri, Swami Karunananda Giri & Yogacharya Claudia Cremers

from Saturday 4 May to Wednesday 8 May 2024

<b>Nom :</b>		<b>Prénom :</b>	
Adresse postale :			
Adresse mail :			
n° téléphone :			
I would like to register for the retreat in Munster from 4 to 8 May 2024 :			
<input type="checkbox"/> in a couple's room (double bed). <b>Full</b>			
<input type="checkbox"/> in a group room (single beds, 2, 3 or 4 beds)			
<input type="checkbox"/> in an individual room with a supplement of €60. <b>Full</b>			
<input type="checkbox"/> I will be coming by train and would like to be collected from Gunsbach station.			
<input type="checkbox"/> I will be coming by car and would like to be carpoled (please specify your route):			
<b>For people already registered (+ €60 if single room)</b>			
1 cheque for 428€ <i>please tick</i>	1 cheque for 107 € et 3 cheques for 107 € <i>please tick</i>	1 bank transfer for 428 € <i>please tick</i>	1 bank transfer for 107 € et 3 bank transfers for 107 € <i>please tick</i>
For everyone: add €10 for membership.			
<b>For people being initiated: for accommodation (+ €60 if single room)</b>			
1 cheque for 345€ <i>please tick</i>	1 cheque for 115 € et 2 cheques for 115 € <i>please tick</i>	1 bank transfer for 345 € <i>please tick</i>	1 bank transfer for 115 € et 2 bank transfers for 115 € <i>please tick</i>
+ On site, please bring the following offerings:			
<ul style="list-style-type: none"> <li>• 5 fruits (symbolising your actions in the world) ;</li> <li>• 5 flowers (symbolising your 5 senses) ;</li> <li>• a financial donation of €150 (symbolising your physical body) on the day of the initiation..</li> </ul>			
* I understand that I am paying a deposit: this guarantees me a place and enables IKY to cover the costs incurred.) In the event of withdrawal, the institute will not reimburse me, in order to smooth out the costs incurred (reception centre, instructor travel costs and fees).			
The 2024 membership fee of €10 is compulsory: please pay the €10 separately (easier for the accounts department). See the membership form on the other document.			
 Once there, if I decide to bring forward my departure, the amount paid remains the same (as the rental and meal costs are paid in advance).			

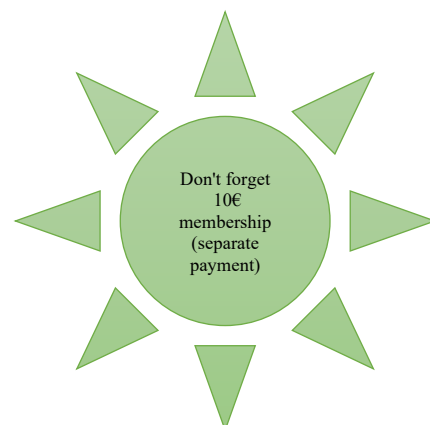
-  I would like to apply for assistance from the Solidarity Fund - Secretariat: [institkriya@yahoo.fr](mailto:institkriya@yahoo.fr)
-  I donate to the solidarity fund (please specify the amount) :

My message :

Signature :

**Registration form to be sent :**  
**Nicole Chaudet**  
**Secrétaire IKY**  
**2, impasse du pont de pierre**  
**72530 - Yvré l'Évêque - FRANCE**  
**ou par Courriel :**  
[institkriya@yahoo.fr](mailto:institkriya@yahoo.fr)

**Renseignements auprès de :**  
**Secrétariat - Nicole**  
[institkriya@yahoo.fr](mailto:institkriya@yahoo.fr)  
**☎ +33 2 43 89 44 18**  
**Odile – Organiser**  
[librairie@institutkriyayoga.fr](mailto:librairie@institutkriyayoga.fr)





*Le Kriya Yoga Originel et authentique de Babaji Maharaj, Lahiri Mahasaya, Sri Yukteshwar Giri, Bhupendranath Sanyal, Paramahansa Yogananda, Swami Satyananda Giri, Paramahansa Hariharananda et Paramahansa Prajñanananda*

## Membership form 2024



Name : \_\_\_\_\_ First Name : \_\_\_\_\_

Address : \_\_\_\_\_

Postcode : \_\_\_\_\_ Town : \_\_\_\_\_

E-mail (\*): please form your letters and numbers correctly \_\_\_\_\_

Téléphone : \_\_\_\_\_

Year of initiation 1st kriya : \_\_\_\_\_ by : \_\_\_\_\_

Year of initiation 2nd kriya : \_\_\_\_\_ by : \_\_\_\_\_

Do you have any particular health problems ? \_\_\_\_\_

I authorise that my: name, first name, and date(s) of initiation be communicated to the Kriya Yoga head office for Europe, located in Austria. Yes  No

☀ **I acknowledge that I have read the general terms and conditions (\* and \*\*)**

☀ **Undertaking not to divulge the techniques:** I undertake never to divulge the Kriya Yoga techniques under any circumstances.

☀ **Signature (required) :**

**Secrétariat Institut Kriya Yoga - 2, impasse du pont de pierre - 72530 - Yvré l'Évêque - France**  
**IBAN de l'Institut de Kriya Yoga : FR76 4255 9100 0008 0035 2163 177 Bic CCOPFRPPXXX**

(\* ) Information concerning activities organised by the association will be sent to you by email unless you expressly request otherwise. IKY is committed to data protection with reference to the EDPS (European Data Protection Supervisor), the independent authority responsible for data protection in the European Union (EU).

(\*\* ) Read the following two points carefully :

**a) Annual membership :** The Institut de Kriya Yoga is a non-profit association governed by the law of 1 July 1901. The articles of association stipulate that, in order to participate in the activities of the Institut de Kriya Yoga, you must be a member of the association and therefore up to date with your annual membership, which is **€10 for the year 2024 - membership cheque made payable to Institut de Kriya Yoga or bank transfer** (see bottom of page). By becoming a member of the Institut de Kriya Yoga, you take part in the association's activities and receive documents and newsletters.

**b) Insurance and civil liability :** Members participate in the programmes at their own risk and under their own responsibility. They acknowledge that it is their duty to inform the organisers of their state of health. In the event of specific medical treatment, he/she is aware that medical authorisation is required before he/she can take part in the programmes and must inform the Institute accordingly.

Members release the Institut de Kriya Yoga from all liability during activities organised by the Institut de Kriya Yoga, and waive all claims of any kind against the Institut de Kriya Yoga. This applies in particular to accidents, injuries, theft, damage to personal property or other damage occurring during participation in activities organised by the Institut de Kriya Yoga.


Members are informed that it is their responsibility to take out personal accident and civil liability insurance.

Siège social : IKY/N. V. CHAUDET- 2, impasse du pont de pierre - 72530 - Yvré l'Évêque - FRANCE  
 21636 200191 : IKY/N. V. CHAUDET- 2, impasse du pont de pierre - 72530 - Yvré l'Évêque - FRANCE



## Retreat at Munster (maison du Kleebach) du 4 mai au 8 mai 2024

### Trilingual programme (German-English) translated into French

	Saturday 4 mai	Sunday 5 mai	Monday 6 mai	Tuesday 7 mai	Wednesday 8 mai
<b>7h00</b>		Méditation	Méditation	Méditation	Méditation
<b>8h15</b>		Petit déjeuner	Petit déjeuner	Petit déjeuner	Petit déjeuner
<b>10h30</b>		Initiations 	Enseignement Questions/Réponses	Enseignement Questions/Réponses	Enseignement Questions/Réponses
<b>11h00</b>		Pause			
		Méditation/techniques	Méditation	Méditation	Méditation
<b>12h30</b>		Déjeuner	Déjeuner	Déjeuner	Déjeuner
	Arrival from 2pm				14h - fin de la retraite
<b>17h</b>	Méditation	Méditation	Méditation	Méditation	
<b>19h00</b>	Dîner *	Dîner	Dîner	Dîner	
<b>21h</b>	19h30 Conférence	Méditation	Méditation	Méditation	*Les repas sont végétariens

Le petit déjeuner et les repas sont partagés en silence jusqu'au dessert.

*“Pendant que vous mâchez, souvenez-vous de l'amour de Dieu dans chaque goût ; mangez votre nourriture et buvez votre eau avec une prière. Soyez toujours reconnaissants envers Dieu pour votre nourriture”.* Cf. Livret pour les Nouveaux Initiés – Prajnanananda

Breakfast and meals are shared in silence until dessert.

*“As you chew, remember God's love in every taste; eat your food and drink your water with prayer. Always be grateful to God for your food”.* Cf. Livret pour les Nouveaux Initiés – Prajnanananda