



WORLD PEACE MISSION



WITH SWAMI ALIANANDA PARAMAHANSA

June 9–10, 2018

SUMMER

**Shambala Ashram
Queens Hotel
Penzance
Cornwall**

**KRIYA YOGA
WORKSHOP**

<https://worldpeacemission.com>

£80

per
person

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**20% discount offer from the Queens Hotel for accommodation
Please bring your own lunch. Queens Hotel also has a lunch menu**



SUMMER SCHOOL SACRED TEACHINGS ON KRIYA YOGA BREATHS AND WISDOM TRUTHS with Swami Aliananda Pramahansa

*“Summer is a time of full potential, find yours!
Enter into yourself and find your abundance.”*

PROGRAMME FOR CHANGE

SATURDAY 9TH JUNE, 9.30am – 5pm

9.00am	–	9.30am	Registration
9.30am	–		Sacred breathing meditation and initiation
11.00am	–	11.30pm	Refreshments
11.30pm	–	12.30pm	Teachings with Swami Aliananda Paramahansa
12.45pm			Leave for picnic lunch in nature and sacred site (<i>weather permitting</i>) (<i>Please bring your own picnic lunch and suitable clothing/footwear</i>)
			Meditation and teachings at sacred site
3.30 ish			Return to Shambhala Ashram for Tea Coffee and Cake
4.30pm	–	5.00pm	Gong Bath with Wendy Scott
5.00pm			Blessing from Swami Aliananda Paramahansa

SUNDAY 10TH JUNE, 8.00 am – 1pm

8.00am	–	9.45am	Early morning Kriya Yoga Sacred Breathing Meditation and Initiations
9.45am	–	10.15am	Refreshments
10.15am	–	11.30am	Guided Imagery Meditation to Sound
11.30am	–	12.00pm	Refreshments
12.00pm	–	1.00pm	Teachings and a spiritual overview of the weekend by Swami Aliananda Paramahansa

*There are **limited spaces**, so please book with Emerald:*

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