



INTENSIVE KRIYA YOGA FOR CHANGE

A special retreat with Swami Aliyananda Pramahansa



“An intensive Kriya Yoga retreat for you to change to bring peace to the world. A change of thought, habits, desires, and consciousness.”

Only £80 per person and includes breakfast (Sat/Sun) and light lunch (Sat only)

**Shambala Ashram,
The Queens Hotel, Penzance, TR18 4HG**

**Friday, Saturday & Sunday
16th – 18th February 2018**

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

Email: emerald@worldpeacemission.com or phone 07852 365229.

Accommodation is extra.

SPECIAL ACCOMMODATION OFFER FROM THE QUEENS HOTEL: £50 per person per night

To book at the Queens Hotel, Penzance: phone 01736 362371.

**Change Yourself, Change the World. Peace in the Heart, Peace in the Home.
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www.worldpeacemission.com



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PROGRAMME FOR CHANGE

FRIDAY 16TH FEB, 6.45pm – 7.45pm

6.45pm – 7.45pm Meditation to sound, raising the veil

SATURDAY 17TH FEB, 7.30am – 5pm

7.30am – 9.00am Early morning Kriya Yoga Sacred Breathing Meditation and Initiations
9.00am – 10.00am Breakfast together and mindfulness, honouring the sacredness of food
10.00am – 10.30am Registration
10.30am – 11.30am Satsang: question and answer session, sitting with Swami Aliyananda Paramahansa
11.30am – 12.00pm Refreshments
12.00pm – 1.00pm Teachings for change with Swami Aliyananda Paramahansa
1.00pm – 2.00pm Light Lunch
2.00pm – 3.30pm Deep Guided Imagery Meditation to Sound, altering your consciousness
3.30pm – 4.00pm Refreshments
4.00pm – 4.30pm Gong Bath with Wendy Scott to facilitate change
4.30pm – 5.00pm Setting your intentions for peace with Swami Aliyananda Paramahansa
Please write your intentions for how you are going to change yourself to bring peace to the world before the retreat

SUNDAY 18TH FEB, 7.30am – 1pm

7.30am – 9.00am Early morning Kriya Yoga Sacred Breathing Meditation and Initiations
9.00am – 10.00am Breakfast together
10.30am – 11.30am Kriya Yoga meditation, initiation and blessings for your life's purpose for peace
11.30am – 12.00pm Refreshments
12.00pm – 1.00pm A spiritual overview of the weekend by Swami Aliyananda Paramahansa

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There will also be opportunities to book any of the following therapies:

Gong Bath with Wendy Scott:- 07866 728544

The Healing Codes with Lindsey Price:- 07974 853842

Soul Mission Reading with Emerald Giorgio:- 07852 365229



Shambhala Ashram

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