



Kriya Yoga Retreat with Per Wibe July 2017



From **July 17th** before lunch to **July 20th** afternoon
at **Mas Caputxa (Hostalric), Girona, Spain**

PRACTICAL INFORMATION

There will be a structured programme, with long meditations every day and an experience of Silence. Deep meditations in a retreat are a great inspiration for our daily practise.

The main focus is silence, rest and meditation.

Initiations in Kriya Yoga will be given to those people who are not already initiated, the morning of the 18th.

People who are taking the initiation will have to bring:

- 5 flowers (one of them, at least, must be a rose) that symbolise the 5 senses.
- 5 pieces of fruit that symbolise the result of the 5 senses.
- Donation of 100€ as a symbol of the physical element.

Price:

- 380€/person, twin room (Doesn't include initiation fee)
- 440€ single room (Doesn't include initiation fee)

Payment at arrival time

Food:

Vegetarian

Registration:

To the e-mail adress: felisaonda@gmail.com, addressed to Felisa Pérez.

Deadline: **July 5th.**