



Retreat In Latvia

March 26-29, 2026

Learning center Mežmāja, Lauciene, Talsi region

Thursday, March 26

From 13.00 Arriving to the venue
16.00 Launch
17.30 Meditation
19.00 Dinner

Friday, March 27

06.15 – 06.30 Chanting
06.30 – 07.45 Meditation
08.00 Breakfast
10.30 Meditation 1st Kriya
11.45 – 12.30 Addition 2nd Kriya
13.00 Lunch
16.00 – 16.45 Lecture
17.15 – 18.30 Meditation
19.00 Dinner

Saturday, March 28

06.15 – 06.30 Chanting
06.30 – 07.45 Meditation
08.00 Breakfast
10.30 Meditation 1st Kriya
11.45 – 12.30 Addition 2nd Kriya
13.00 Lunch
Free time/meditative walking in the forest
16.00 – 16.45 Questions & answers
17.00 – 18.30 Meditation
19.00 Dinner

Sunday, March 29

06.15 – 06.30 Chanting
06.30 – 07.45 Meditation
08.00 Breakfast
10.30 – 12.00 Meditation
12.30 Lunch
Till 14.00 End of retreat,
leaving the venue

You are welcome to arrive 15 minutes before each meditation session.

* Participation in the meditation sessions and technique explanation classes is permitted only for those who have been initiated in the Kriya Yoga lineage of Paramahansa Hariharananda and Paramahansa Prajnananda.