



Kriya Yoga Retreat Program

June 25-30, 2026

Venue: International Culture and Education Centre "Lizari"
Mazlauki, Vircava Parish, Jelgava Municipality, Latvia

Thursday, 25 June

From 16:00 Arrival at the venue
17:00–18:30 1st Kriya Meditation
19:00 Dinner and rest time

Friday, 26 June

06:00–07:30 1st Kriya Meditation
08:00 Breakfast
09:00–09:40 Introductory Lecture on
Kriya Yoga
10:00–12:30 1st Kriya Initiation
13:00 Lunch and rest
15:30–17:00 Explanation of
Kriya Yoga Techniques
17:30–18:45 1st Kriya Meditation
19:00 Dinner and rest time

Saturday, 27 June

Sunday, 28 June

Monday, 29 June

06:00–07:30 1st Kriya Meditation
08:00 Breakfast
10:00–12:00 1st and 2nd Kriya
Meditation
13:00 Lunch
Free time / Meditative walk
15:30–16:30 Questions & Answers or
Lecture
17:00–18:30 1st Kriya Meditation
19:00 Dinner
20:00–21:00 Evening Cultural
Programme

Tuesday, 30 June

06:00–07:30 1st Kriya Meditation
08:00 Breakfast
10:00–12:00 1st and 2nd Kriya
Meditation
13:00 Lunch
By 14:00 We close the event with gratitude

* Participation in meditation and technique explanation sessions is permitted only for those initiated in the Kriya Yoga lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.