

# MICHAELMAS PILGRIMAGE

Friday 29<sup>th</sup> September 2017

9.15 am prompt (registration 8.45 am)

## “THE BREATH OF MICHAEL”

Saturday & Sunday 30<sup>th</sup> Sept – 1<sup>st</sup> Oct 2017

10 am to 4 pm (9.30 am registration)



Swami Aliyananda Paramahansa

**At The Shambhala Ashram, The Queens Hotel, Penzance TR18 4HG**

We invite you to join us for our Michaelmas Kriya Yoga events commencing with the annual Michaelmas Pilgrimage to St Michael's Mount. The itinerary is as follows:

**PILGRIMAGE: FRIDAY, September 29:** Morning – Gather at 9 am at the Shambhala Ashram for attunement to the Archangel Michael. Depart to St Michael's Mount for a church service. Afternoon – trip to Chapel Carn Brea, finish 4 pm. Bring lunch, wet weather clothes and good shoes.



**“THE BREATH OF MICHAEL”:** SATURDAY, September 30 – 10 am till 4 pm.

Meditation and Kriya Yoga sacred breathing delivered by Swami Aliyananda Paramahansa. Gather at the Shambhala Ashram for 9.30 am registration. Swami is a direct teacher from Divine consciousness, and these teachings are appropriate for the group gathered.

**SUNDAY, October 1** – Meditation and Kriya Yoga sacred breath with Swami Aliyananda, who will give direct teachings for the day. Gather at the Shambhala Ashram for 10 am, finish 4 pm. Bring lunch.

Tickets £25 per day

Bookings: [emerald@worldpeacemission.com](mailto:emerald@worldpeacemission.com) or tel. 07852 365229

Accommodation is available at The Queens Hotel, Penzance tel. 01736 362371 or [enquiries@queens-hotel.com](mailto:enquiries@queens-hotel.com)

Change Yourself, Change the World. Peace in the Heart, Peace in the Home.

Shambhala Ashram, The Queens Hotel, The Promenade, Penzance, TR18 4HG Tel 01736 362371

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