

Aum Gurave Namaha

Kriya Yoga Initiations and Meditations April 2013

Please bring on the initiation day (Saturday) (for new initiates only):

- A non-refundable one time donation depending on your means and capacity. A minimum donation of \$150 in cash or in check is required. Please make checks payable to the *Kriya Yoga Institute*. *Note:* There are no additional charges for group meditations after the initiation program.
- Five (5) fruits of your choice
- Five (5) flowers of your choice, **plus** one wide carnation or rose flower (check in King Soopers)
- Pillows and/or mats to sit for meditation
- Pencil and paper to note down meditation steps

General Information:

- ♦ Wear loose clothing - no shorts please
- ♦ Be prepared to remove contact lenses
- ♦ Be prepared to stay the entire time specified for initiation or guided meditation
- ♦ Please plan to attend the **Friday through Sunday** sessions. You may skip the Friday session only if you have previously attended a Kriya Yoga Information session

Program Schedule (all directions are on the next page):

Friday	Apr 26, 7 pm – 8:30 pm	Kriya Yoga Information Session in Srinidhis' Place 15446 E Dorado Ave, Centennial, CO 80015
Saturday	Apr 27, 8:30 am – 12:30 pm	Initiations and teachings in Srinidhis' place 15446 E Dorado Ave, Centennial, CO 80015
Saturday	Apr 27, 12:30 pm – 3:00 pm	Lunch and Break
Saturday	Apr 27, 3:00 pm – 7:00 pm	Teachings and meditation in Srinidhis' Place 15446 E Dorado Ave, Centennial, CO 80015

Regular Weekly Group Meditation Sessions in the larger Denver Area

Every Wednesday, 6:30 pm – 8 pm	Group Meditation At Ragu and Kavitha's Place 2046 Lasalle St, Superior, CO
Every Thursday, 7 pm – 8:45 pm	Q&A and/or discourse; Guided meditation At Srinidhis' Place 15446 E Dorado Ave, Centennial, CO 80015
Every Saturday, 10 am – 11:45 am	Q&A and/or discourse; Guided meditation At Srinidhis' Place 15446 E Dorado Ave, Centennial, CO 80015

DIRECTIONS

1. To Srinidhis' place (15446 E. Dorado Ave, Centennial, CO 80015) from Denver:

From I 25 South take the exit to I 225 North. Take the exit to Parker Road (Exit #4). Make a right after the exit. Travel 4.9 miles on Parker Road to Orchard Avenue (second light after Bellevue Avenue). Make a left on Orchard Avenue. At the second light, make a left on to Joplin Road. Make a left on to Jasper, the entrance to the ***Glen at Piney Creek***. Make the third right on to E. Dorado Avenue (if you miss this, you will get the E. Dorado Place - then you've gone too far). The house is the third house on the left counting from the *other* end of the street. Phone: 303-617-0188.

2. To Srinidhis' place (15446 E. Dorado Ave, Centennial, CO 80015) from South/West of Centennial:

Go East on Arapahoe Avenue and then North on Parker Road. Keep on the right lane and make a right at the second light on to Orchard Avenue. At the second light, make a left on to Joplin Road. Make a left on to Jasper, the entrance to the ***Glen at Piney Creek***. Make the third right on to E. Dorado Avenue (if you miss this, you will get the E. Dorado Place - then you've gone too far). The house is the third house on the left counting from the *other* end of the street. Phone: 303-617-0188.

3. To Ragu and Kavitha's place (2064 Lasalle St, Superior, CO 80027) from Denver:

Take I 25N to Route 36 West towards Boulder. Take Superior Exit. Left on ramp. Left at the light to Rock Creek Parkway. Make a right on Indiana at the stoplight. Left on Eldorado at the first stop sign. Take first left onto Northern Way. Right on Lasalle, first house on the left. Phone 303-554-9514.

4. To Ragu and Kavitha's place (2064 Lasalle St, Superior, CO 80027) from Boulder:

Take Route 36 East towards Denver. Take Superior Exit. Make a right after the ramp. Left at the light to Rock Creek Parkway. Make a right on Indiana at the stoplight. Left on Eldorado at the first stop sign. Take first left onto Northern Way. Right on Lasalle, first house on the left. Phone 303-554-9514.

- Yogacharya Srinidhi Baba, Kriya Yoga Institute, 303-617-0188