

Aum Gurave Namaha

Kriya Yoga Initiations and Meditations Apr 18th- 19th, 2014

Please bring for the initiation (new initiates only):

- A non-refundable donation depending on your means and capacity. A minimum of \$150 in cash or in a check is required. Please make checks payable to the ***Kriya Yoga Institute***.
- Five (5) fruits of your choice
- Five (5) flowers of your choice plus a large Rose or Carnation flower (check in King Soopers)
- Pillows and/or mats to sit on for meditation
- Pencil and paper to note down meditation steps

General Information:

- ◆ Wear loose clothing - no shorts please
- ◆ Be prepared to remove contact lenses
- ◆ Eat moderately before initiation
- ◆ Be prepared to stay the entire time specified for initiation or guided meditation

Program Schedule :

Friday	Apr 18, 7:00pm – 8:30pm	Kriya Yoga, Ancient Science of Meditation Lecture 15446 E. Dorado Ave, Centennial, CO 80015
Saturday	Apr 19, 8:30am – 12:30pm	First Kriya Initiations and Teachings 15446 E. Dorado Ave, Centennial, CO 80015
Saturday	Apr 19, 12:30pm – 03:00pm	Vegetarian Lunch and Break 15446 E. Dorado Ave, Centennial, CO 80015
Saturday	Apr 19, 3:30pm – 7:00pm	First Kriya techniques teaching and Meditation 15446 E. Dorado Ave, Centennial, CO 80015

Weekly Meditation Schedule:

Wednesday 6:30 – 8:00pm at Superior (Ragu's Place)

Wednesday 7:00 – 8:30pm at Colorado Springs

Thursday 7:00 – 8:30pm at Centennial (Srinidhi's Place)

Saturday 10:00 – 11:30am at Centennial (Srinidhi's Place)

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., Aurora) 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) 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) 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.

5. Colorado Springs Location (108 E. Cheyenne Rd. Suiet #210 (Two story office building called "Cheyenne Executive Plaza".)

Drive south on I-25 and take the South Nevada/Tejon Exit (exit #140). Turn right onto Nevada at the SECOND light. Go approx. 1/2 mile to a major intersection with traffic light and turn right onto Cheyenne Road (MacDonalds will be on your right). Go about a block and you will see 108 E. Cheyenne Rd. on your right (a two story office building called "Cheyenne Executive Plaza" -- it has a dark gray awning with "108 E." printed in white text.) Pass this building and take the first right turn (Mt. Washington) that will take you to the parking lot at the rear of the building. Brad Hartman 719-216-3600 (cell)

- Ragu and Kim, Center Leaders of Denver Kriya Yoga Center, 303-554-9514 and 303-805-4578