



KRIYA INITIATION CEREMONY

DATE & TIME: **Saturday, November 8, 2014** (arrive 8:30 am)

LOCATION: Maryland/Washington DC Kriya Yoga
1595 Eton Way, Crofton, MD 21114

WHAT TO BRING: A minimum **donation of \$150.00** (cash or check to *Kriya Yoga Institute*)
Five (5) Flowers (minimum 2 of the 5 flowers should be carnations or roses)
Five (5) Fruits (any fruits)
Pencil and paper (optional)

* Find more information about Kriya Yoga initiation at http://kriya.org/about_initiation.php

INFORMATION: **Please arrive by 8:30 am – to fill out the brief application form.**
Initiation ceremony will begin at 9:00. Eat lightly before arriving. The length of the initiation ceremony will depend on the number of people attending, usually 3-4 hours. Be prepared to remove contact lenses. Both floor cushions and chairs will be available to accommodate your needs. Please plan to participate in the full weekend program of guided meditations and technique review classes. Lunch and dinner will be provided (tasty vegetarian dishes, salads & desserts).

WHAT TO WEAR: Clothes should be loose and comfortable. Please keep in mind that this is a spiritual ceremony and dress should be modest. We ask that you not wear shorts.

** It is strongly recommend that all new initiates attend the entire weekend program with follow-up meditations and technique review classes to better understand the technique in order to practice independently.*

** Reminder: **Weekly Guided Group Meditations** are every Sunday, 10:00-11:00 am, for Kriya all initiates at the Ellicott City Kriya Yoga Center, 3925 Gray Rock Drive, Ellicott City, MD 21042*

Contact information: drhunt2@verizon.net 410-451-5506, 410-980-5769, or 301-216-0017
www.kriya.org - http://www.kriya.org/calendar__event.php?id=2299