

Aum Gurave Namaha

Kriya Yoga Initiations and Meditations January 23rd - 25th, 2015

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 - Jan 23rd	7:00pm – 8:30pm	Kriya Yoga, Ancient Science of Meditation Lecture Fire Station 11, 2291 S. Joliet Street, Aurora, CO 80014
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Saturday - Jan 24th	8:30am – 12:30pm	First Kriya Initiations and Teachings 15446 E. Dorado Ave, Centennial, CO 80015
	12:30pm – 02:30pm	Vegetarian Lunch and Break 15446 E. Dorado Ave, Centennial, CO 80015
	2:30pm – 6:00pm	First Kriya techniques teaching and Meditation 15446 E. Dorado Ave, Centennial, CO 80015
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Sunday - Jan 25th	10:15am – 12:30am	Class on benefits and Meditation 15446 E. Dorado Ave, Centennial, CO 80015
	12:30pm – 2:30pm	Potluck Vegetarian Lunch 15446 E. Dorado Ave, Centennial, CO 80015
	2:30pm – 6:00pm	Divine Talk, Q&A and Meditation 15446 E. Dorado Ave, Centennial, CO 80015
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Weekly Meditation Schedule:

Wednesday **6:30 – 8:00pm in Boulder area (Ragu's Place)**

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. Boulder Location

Please check with Ragu Baba 303-554-9514

4. Colorado Springs Location

Please check with Brad Hartman 719-216-3600 (cell)

Ragu and Kim, Center Leaders of Denver Kriya Yoga Center:

- Ragu can be contacted at: 303-554-9514
- Kim can be contacted at: berly621@msn.com