

KRIYA YOGA INITIATION AND MEDITATIONS
MARCH 20 – 22, 2015
CINCINNATI KRIYA YOGA CENTER

NEW INITIATES PLEASE BRING FOR THE INITIATION:

- ❖ A non-refundable donation of \$150 in cash or in a check made payable to **Kriya Yoga Institute**.
- ❖ Five (5) fruits of your choice
- ❖ Five (5) flowers of your choice plus a large Rose or Carnation flower
- ❖ Pen and paper to take notes on 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

INITIATION PROGRAM SCHEDULE:

Friday March 20, 2015	7:15 – 9:00pm	Public Lecture: Exploring the Universe Within; held at Cincinnati Yoga School 6125 Ridge Avenue, Cincinnati 45213
Saturday March 21	8:30am – noon 12:15 – 1:15pm 3:00 – 5:00pm 5:15 – 6:15pm	Initiation into Kriya Yoga Lunch Techniques Teaching* Guided Meditation*
Sunday March 22	8:30 – 10:30am 10:45 – 11:45am 12:00 – 1:00pm 1:15 – 3:00pm 3:15 – 4:15pm	Techniques Review* Guided Meditation* Lunch Spiritual Discourse, Q & A – open to all Guided Meditation*

New initiates are expected to attend 3 meditation sessions.

* Meditation and technique classes may be attended only by initiates in the lineage of
Paramahansa Hariharananda and Paramahansa Prajnanananda.

ONGOING WEEKLY MEDITATION SCHEDULE:

- Wednesday evenings at 7:15 – 8:15pm
- Sunday mornings – meditation start times vary slightly and are communicated regularly via email; meditation ends by 11:30am
- Special day long intensive programs occur during the year and are communicated via email
- **Primary Location:** 9865 Winnebago Trail, Evendale OH 45241

CONTACTS: Judy: 513-403-0176 or Chanchal: 513-777-9736

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