



KRIYA INITIATION CEREMONY

DATE & TIME: **Saturday, March 14, 2015 (arrive 8:30 am)**

LOCATION: Maryland/Washington DC Kriya Yoga Center,
3925 Gray Rock Drive, Ellicott City, MD 21042

WHAT TO BRING: A minimum donation of \$150.00 (cash or check *made out 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 a brief one-page 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. The Kriya Yoga meditation technique will be taught following initiation and will continue after lunch on Saturday. There is a sequential order to the Saturday/Sunday initiation program, so please plan to attend the full day on Saturday to receive initiation and learn the meditation technique with personal guidance. Sunday builds on your Saturday experience and needs with a continuation of guided meditation, technique review and Q&A with the teachers. It is strongly recommended that new initiates participate in the full Saturday and Sunday program.
Vegetarian meals will be provided, along with water, tea and snack breaks. Both floor cushions and chairs are available to meet your needs.

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. You may want to be prepared to remove contacts.

** It is strongly recommend that all new initiates attend the entire weekend program to learn and understand the technique and also try to attend at least 3 of the Sunday weekly group meditation following initiation.*

** Reminder: **Weekly Guided Group Meditations** are every Sunday, 10:00-11:00 am, for Kriya initiates.
Location is in Ellicott City, MD at 3925 Gray Rock Drive, Ellicott City, MD 21042*

Contact information: info@baltimore.kriya.org, 410-451-5506, 410-980-5769 or 301-216-0017

www.kriya.org