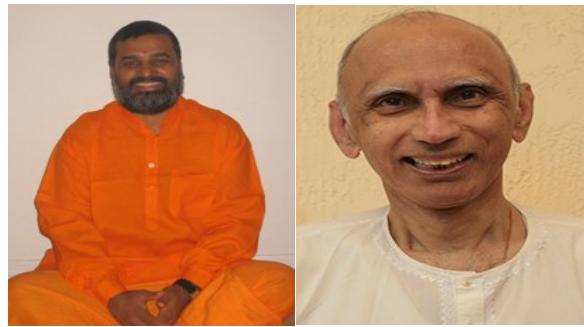




Texas Kriya Yoga Retreat
Lone Oak Ranch, Gainesville, Texas
November 6 – 8, 2015
With Swami Atmavidyananda Giri
and Yogacharya Bhadrayu Pandya



Dear Loving Divine Souls:

You are invited to participate in the Texas Kriya Yoga silent retreat with Swami Atmavidyananda Giri and Yogacharya Bhadrayu Pandya. Make the pilgrimage, sit with the master teachers of Kriya Yoga, go within, gain perspective, and experience silence. This is truly a rare opportunity to meditate in a serene environment with our loving teachers.

“Opportunity must not be neglected, for it may never return.” – Baba Hariharananda

Registration deadline: All registrations are on a first-come basis. Space for the retreat is limited to 25. The registration fee covers vegetarian food. The rooms be shared by 3-4 people with gender-segregated lodging.

Cost and Accommodations:

Base price is \$300.00 (discounted to \$275.00 with full payment by September 31). A \$50.00 deposit will hold your place. Full payment is due by October 18.

The retreat is for initiates in the lineage of Paramahansa Hariharananda & Paramahansa Prajnanananda or their designated representatives.

Please register at: [Online Application Form](#)

Or you may print and mail registration form to:

Kriya Yoga Dallas, [3333 Moss Creek Drive, Grapevine, TX 76051](#)

Please make all checks payable to Kriya Yoga Dallas

Address: Kriya Yoga Dallas, 3333 Moss Creek Drive, Grapevine, TX 76051
Retreat Guidelines

Clothing: Dress modestly during the retreat. Loose, comfortable clothing is recommended for meditation and nature walks. Sleeveless shirts, shorts, transparent, and revealing attire are not allowed. Wearing jeans is discouraged as they prevent postural flexibility. Walking or hiking shoes and socks are also recommended for the nature walks.

Couples: All rooms are gender segregated, participants are expected to follow Ashram disciplines and refrain from outward displays of affection.

Intoxicants, Drugs and Smoking: Bringing any type of intoxicants and/or drugs to the retreat is strictly forbidden. Smoking and chewing tobacco are not allowed at the retreat. Prescription medications, over-the-counter medications, herbs, tonics, supplements, etc., are allowed.

Outside Contacts: Participants should remain on the property for the entire retreat. Outside contacts should be suspended except for emergencies.

Pets: Sorry, but for their safety, we cannot accommodate pets

Valuables: Retreat participants are requested not to bring expensive jewelry or valuables with them. The organizers do not take responsibility for loss of such items.

Shopping: There are no facilities for shopping. Kriyavans should bring all their requirements such as toothpaste, flashlight, etc.

Recorders, Cameras and Camcorders: No taping of the retreat proceedings will be allowed except by prior arrangement. Cameras may be used during specific times, with permission.

Note: Meditation cushions will be provided, however ~~you will want to bring a yoga mat, towel, or blanket as cushion for your ankles and feet.~~

Lone Oak Ranch:
8484 S Farm to Market 372 Gainesville, TX 76240
Phone (940) 668-2855
Website: www.loneoakretreat.com

Driving directions to Lone Oak Ranch: <http://loneoakretreat.com/about/location>