



# KRIYA YOGA INITIATION PROGRAM

Kriya Yoga is an ancient meditation technique that cultivates body, mind, intellect, and awareness of the soul using powerful meditative and yogic disciplines.

## Free Public Talk

**Kriya Yoga - An Ancient Science of Meditation**

**Friday, March 31st, 2023, 7:00 PM to 8:00 PM**

## Initiation Session

**Saturday, April 1st, 2023, 8:30 AM - 4:30 PM**

Initiation, Technique Teachings, and Guided Meditation

**Sunday, April 2nd, 2023, 8:30 AM - 4:30 PM**

Technique Review, Q&A, and Guided Meditations

*Initiation Offerings TBA at the Public Talk or on confirming your online registration.*

**Location: Starchevski School of Ballet**

200 Country Hills Landing NW #201

Calgary, AB T3K 5P3



**Yogacharya  
Nisha  
Pandey**



**Yogacharya  
Richard  
Peterson**



For event details and registration:  
<https://kriya.org/event-details/6551/en>

