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### Useful Information for Kriya Yoga Empowerment programme

- Kriya Yoga is a science of breath, asanas and meditation with a long lineage of accomplished masters and numerous satisfied practitioners spread all over the world. We welcome everybody to join this wonderful Kriya family irrespective of race or religion and sex.
- We will arrange the following items with you for the process:
  - 5 different fruits, representing fruits of your own action (Karma). This will be provided
  - 5 different flowers, representing the 5 senses. This will be provided  
(We will arrange the fruits & flowers for you if you so desire. Please let us know)
  - Offering to Master: It represents the gross physical body. At the end of the empowerment programme, when you take a final bow before the Almighty, as a part of the tradition, to show your gratitude for giving you this unique Kriya gift, please offer guru Dakshina (any amount of your choice) to Swamiji.
  - 7 candles represent the fire inside each chakra to be purified and enlightened at the empowerment ceremony. (Candles will be provided. No need to bring.)
- Please avoid taking any food before empowerment (water / tea / coffee is OK to consume) before joining the programme on **25<sup>th</sup> November**. Hyper acidity & diabetic patients and others who are otherwise medically advised can take some light food.
- Have your bath & come with clean clothing. Maintaining cleanliness in body and mind helps in better absorption of the teaching. For practicing yoga asanas, please wear comfortable, loose clothing. Vestis & sarees are not suitable.
- Light refreshments and lunch will be provided on **25<sup>th</sup> November**.
- For meditation practice, it will be better if you can bring a small mat or cushion on which you can sit comfortably and practice Kriya techniques. In case, it is difficult please do not bother. We will try our best to provide padded mats to sit and practice on.
- Please be present 15 minutes before the event on Friday, so that we can complete registration formalities.
- Avoid unnecessary talks & socialization to maintain concentration in purpose.
- Empowerment process will be followed by guided meditation and kriya techniques practice.