



*the loving teachings of*  
**KRIYA YOGA**

**Silver City, NM February 10<sup>th</sup>-12<sup>th</sup> 2023**

**FREE PUBLIC LECTURE**

**Friday**  
**February 10<sup>th</sup>**  
**The Lotus Center of Silver City**  
211 W Broadway St, Silver City, NM  
6:30-7:30

Please attend this if you plan to participate in the initiation program. We will explain the offerings you need to bring as well as the address of our full weekend program.

**INITIATION PROGRAM**

<b>Saturday</b>	8:00am-11:30am	Initiation
<b>February 11<sup>th</sup></b>	11:30-1:30pm	Lunch and bookshop open
	1:45-3:30pm	Learning the Technique of Kriya Meditation
	4-5pm	Guided Kriya Meditation
<b>Sunday</b>	8:00am-9:00am	Guided Kriya Meditation
<b>February 12<sup>th</sup></b>	9-10:30am	Technique Review/Benefits
	10:45-11:45	Guided Kriya Meditation
	11:45-12:45pm	Lunch
	1-2pm	Q&A
	2-3pm	Guided Kriya Meditation

