



Northern California Initiation Program 2025

August 9-10, 2025 in Mountain View, CA

Mountain View De Anza Masonic Lodge | 890 Church Street | Mountain View, CA 94041



Swami
Atmavidyananda
Giri



Yogacharya
Sudeep
Bharati

Free Public Introductory Lecture Social Media and Mental Health *open to all*

Friday August 8
7:00 PM - 8:15 PM PT

Initiation Program

Saturday August 9
8:00 AM - 3:15 PM PT
-Initiation
-Technique Class
-Guided Meditation*
-Lunch served 12:00 PM - 1:00 PM

Sunday August 10
8:30 AM - 4:00 PM PT
-Technique Class
-2 Guided Meditations*
-Q&A Session
-Lunch served 12:00 PM - 1:00 PM

For more information, and/or to
register for initiation:

Email: info.saratoga@kriya.org
Call: 440.821.9174

Register with QR code or link below



<https://rb.gy/oys3bo>

**Meditations during initiation are
only for initiates in the lineage of
Paramahansa Hariharananda*

WHAT IS KRIYA YOGA

Kriya Yoga is an ancient method of living and meditation that cultivates body, mind, intellect, and awareness of the soul using powerful meditative and yogic disciplines. It helps us to experience the three divine qualities of light, vibration, and sound by using techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness and to change our lives. Kriya Yoga teaches that any action, *kri*, is done by *ya*, the indwelling soul. It is a universal spiritual discipline that crosses all divisions and boundaries.

LINEAGE OF MASTERS

