



## EAST BAY KRIYA YOGA INTENSIVE PROGRAM

Kriya Yoga is a **precious** gift from our lineage of enlightened masters, whose blessings and grace flow unceasingly to all who practice with sincerity and love.

**Are you a recent initiate? If so, this program is designed just for you!** We warmly invite and encourage you to join us. It is the perfect opportunity to refresh your technique, experience the power of guided group meditation and truly immerse yourself in the teachings.

### WHEN & WHERE

**Sunday, October 4, 2026**

**5318 Hilltop Rd in Castro Valley, CA** (off of Five Canyons Parkway).

To find this address, please use Google Maps navigation - other map services do not have this address in their systems yet.

#### Parking:

Street parking is available; please keep driveways clear. If street parking is full, use the Five Canyons Park lot down the road. It is a brief 10-minute walk to the venue—please use caution when crossing the street.

### TEACHER



Initiated into Kriya Yoga in 2007, **Yogacharya Sudeep Bharati** serves the Gurus by managing the West Coast ashram and centers, guiding meditation and initiating seekers since 2022.

### EVENT SCHEDULE

- 08.00 - 09.00 a.m.** - Discourse
- 09.00 - 09.30 a.m.** - Break
- 09.30 - 11.00 a.m.** - Guided 1<sup>st</sup> Kriya Meditation
- 11.00 - 11.15 a.m.** - Brief Break
- 11.15 - 12.00 p.m.** - Technique Q&A
- 12.00 - 01.30 p.m.** - \* Vegetarian Lunch
- 01.30 - 02.30 p.m.** - Second Discourse
- 02.30 - 02.45 p.m.** - Brief Break
- 02.45 - 03.45 p.m.** - Guided 1<sup>st</sup> Kriya Meditation

\* Simple vegetarian lunch will be provided. For those with dietary restrictions or food allergies, please bring your lunch.

### HOW TO REGISTER

- **Eligibility:** For Initiates in the lineage of Paramahansa Hariharananda only
- **Deadline: Oct 1, 2026**
- Click the link or scan QR code to register

<https://kriya.org/online-registration/8903/en>



### REGISTRATION FEE

**\$50 per person | \$25 per student**

This fee helps cover essential costs like facility rental, teacher travel and food.

- **Cash:** Please give to Sophia ma
- **Check:** Payable to "Sophia Seto"
- **Zelle:** Please scan QR code below

Scan this code in your bank's app to pay SOPHIA at xxx-xxx-7188.



Zelle

In zelle memo field please enter "**East Bay intensive, your name**". This allows us to collect monies locally and coordinate one time with Kriya Dhyana Mandir.