



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.

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.** - Guided 1st Kriya Meditation
- 09.00 - 09.30 a.m.** - Break
- 09.30 - 11.00 a.m.** - Discourse and Technique Q&A
- 11.00 - 11.15 a.m.** - Brief Break
- 11.15 - 12.00 p.m.** - Guided 1st Kriya Meditation
- 12.00 - 01.30 p.m.** - * Vegetarian Lunch
- 01.30 - 02.30 p.m.** - Bhajan/Kirtan
- 02.30 - 02.45 p.m.** - Brief Break
- 02.45 - 03.45 p.m.** - Guided 1st 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
- **Online Payments:** Please scan the correct QR code or use appropriate link below.

Regular Pmt: <https://square.link/u/h33PpgcB>

Student Pmt: <https://square.link/u/Y6Bk54zn>



REGULAR



STUDENT