

BAY AREA KRIYA YOGA INITIATION PROGRAM

Kriya Yoga is a **scientific, powerful, non-sectarian** meditation technique designed to **accelerate self-realization** without requiring painful austerities. Rooted in an unbroken, authentic lineage of enlightened masters, it is a practical path for modern laypeople of **any religious background to deepen their connection to God**. Consistent practice yields universal benefits, including profound calmness, peace, joy, and compassion.

DATES & EVENT SCHEDULE

Friday, January 22, 2027
07:00 – 08:15 pm: Online Public Talk / Q&A - Topic: **From Burnout to Breath**. *Recommended to attend*.

Saturday, January 23, 2027
08:15 am – 09:00 am: Registration
09:00 am – 12:00 pm: Kriya Yoga Initiation
12.00 pm – 01:15 pm**:** * Vegetarian Lunch, Book Sale
01:15 pm – 02:00 pm: Kirtan (devotional singing)
02:00 pm – 04:00 pm: Technique Class
04.00 pm – 04:15 pm: Break
04.15 pm – 05:30 pm: Guided Meditation

Sunday, January 24, 2027
09:00 am – 11:00 am: Technique Review
11:00 am – 11:15 am: Break
11:15 am – 12:30 pm: Guided Meditation
12:30 pm – 02:00 pm: * Vegetarian Lunch, Book Sale
02:00 pm – 03:00 pm: Q&A Session
03:00 pm – 03:15 pm: Break
03:30 pm – 04:30 pm: Guided Meditation

PLEASE NOTE:

- **Initiates must attend both the entirety of Saturday and Sunday** to master the technique.
- * For those with food restrictions or allergies, please bring your own lunch.

TEACHER



Swami Atmavidyananda Giri is a senior ordained monk with over two decades of experience in guiding and initiating Kriya practitioners.

LOCATION

Private home in Castro Valley, CA, 94552
Specific address to be sent to registered attendees

REGISTRATION PROCESS

- **Registration deadline:** Register no later than **January 20, 2027.** ***Register early to secure your spot - there is limited space due to small venue!***
- To register, scan the QR code or visit https://www.kriya.org/event-details/10322/en

Registration

- **Payment of $200 per person ($100 per student):** Scan the appropriate QR code below or bring cash.

Regular payment
https://square.link/u/dfNYzoQ1

Student payment
https://square.link/u/9E8M7hyb

WHAT TO BRING ON SATURDAY

Seekers offer to God fruits, flowers and a financial offering, symbolizing the fruits of our actions, our 5 senses and the causal/astral/gross body respectively.

- **5 flowers:** Same kind or different, your choice
- **A long stemmed red rose** in addition to above
- **5 fruits:** Same kind or different, your choice
- **Cash for the offering ceremony:**
  - If paying by Square, please bring a physical $1 bill for the offering ceremony. Otherwise, bring the payment ($200, or $100 for students) in cash.
  - As a volunteer-run non-profit, all offerings directly support Kriya Yoga events, including venue rentals, food, supplies and teacher travel.
- **Yoga mat and Cushion (**some practices are on the floor)
- **Notebook and pen/pencil** to take notes

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