



# 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, July 31, 2026

7:00 - 8:15 pm: Public Talk/Q&A. Recommended to attend.  
Topic: The rhythm of breath, flow of mind.

### Saturday, August 1, 2026

08:30 am – 09:00 am: Registration  
09:00 am – 12:00 pm: Kriya Yoga Initiation  
12.00 pm – 02:00 pm: \* Vegetarian Lunch/ Book Sale  
02:00 pm – 04:00 pm: Technique Class  
04.00 pm – 04:15 pm: Break  
04.15 pm – 05:30 pm: Guided Meditation

### Sunday, August 2, 2026

08:30 am – 10:30 am: Technique Review  
10:30 am – 10:45 am: Break  
10:45 am – 12:00 pm: Guided Meditation  
12.00 pm – 01:00 pm: \* Vegetarian Lunch/ Book Sale  
01.30 pm – 02.30 pm: Q&A Session  
02:30 am – 03:00 am: Break  
03.00 pm – 04.00 pm: Guided Meditation

### PLEASE NOTE:

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

## TEACHERS



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



**Yogacharya Kaushal Gokli** was initiated in 1992 and has dedicated decades to leading Kriya centers and helping individuals on their Kriya journey.

## LOCATION

**Mountain View De Anza Masonic Lodge**  
890 Church St, Mountain View, CA 94041

## REGISTRATION PROCESS

- **Deadline:** Register no later than **July 27, 2026**
- **To Register:** Scan the QR code below or visit <https://kriya.org/event-details/8855/en>



## 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
- **\$200 per person | \$100 per student**
  - Payment methods: Cash, Check or Zelle. Can pay at the location.
  - Check: Payable to "Kriya Yoga Institute"
  - If paying by Zelle or Check please bring a physical \$1 bill for the offering ceremony
  - 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**, as some practices are on the floor