



## KRIYA INITIATION CEREMONY – July 18, 2026

*(Full weekend program is July 18-19). See Flyer for details)*

**DATE & TIME:** **Saturday, July 18, 2026 (arrive 8:30 am)**

**LOCATION:** Falls Church VA Kriya Yoga Center,  
**2203 Westmoreland St, Falls Church, VA 22043**

**WHAT TO BRING:** A minimum **Initiation Offering of \$200.00** (cash or check *made out to Kriya Yoga Institute*)  
**Five (5) Flowers** (*minimum 2 of the 5 flowers should be carnations or roses*)  
**Five (5) Fruits** (*any fruits*)  
**Pencil and paper** (*optional*)

\* Find more information about Kriya Yoga initiation at <http://kriya.org/page/initiation/en>

**INFORMATION:**

**Please arrive by 8:30 am.**

**The initiation ceremony will begin promptly at 9:00.** Eat lightly before arriving. The length of the initiation ceremony will depend on the number of people attending, usually 3-4 hours. The Kriya Yoga meditation technique will be taught following initiation and after lunch on Saturday. There is a sequential order to the Saturday/Sunday initiation program, so please plan to attend the full day on Saturday and Sunday. On Saturday, you will receive initiation and learn the comprehensive meditation technique with personal guidance from an authorized Kriya Yoga teacher.

Sunday builds on your Saturday experience and is tailored to meet each initiate's needs. It is a continuation of technique review and Q&A with the teacher and guided meditations. It is important for new initiates to participate in the full Saturday and Sunday program.

Vegetarian meals will be provided at no cost, along with tea, snacks and water breaks. Both floor cushions and chairs are available. A book store is available with titles from the masters in the Kriya Yoga lineage (cash/check only). Bring a notepad and pen if you want to take notes while learning the meditation technique. There are no written instructions, the tradition is that Kriya Yoga is shared directly from an authorized teacher to sincere seeker.

**WHAT TO WEAR:** Clothes should be loose and comfortable. Please keep in mind that this is a spiritual ceremony and dress should be modest. We ask that you not wear shorts.

\* It is strongly recommended that all new initiates attend the entire weekend program to learn and understand the meditation technique and try to attend at least 3 of the weekly group meditation following initiation.

\* Reminder: **Weekly Guided Group Meditations** are every Sunday, 10:00-11:00 am, for all Kriya initiates, at these Locations:

location 1- 2203 Westmoreland St, Falls Church, VA 22043

location 2- 20900 Sandstone Sq, Sterling, VA 20165

location 3- 3925 Gray Rock Drive, Ellicott City, MD 21042

Email- [fallschurch-va@kriya.org](mailto:fallschurch-va@kriya.org)

Krishna - 703 203 8302, Nileshe - 202 922 9072