



Kriya Yoga Intensive For Kriya Initiates Only

Sunday, April 12
9:00 AM - 4:00 PM

Please register here: <https://kriya.org/event-details/9345/en>



Yogacharya Nisha Pandey



Yogacharya Amit Chatterjee



This is a divine opportunity for Kriya Initiates to go deeper into meditation practice. Intensive includes meditation, technique review, Q&A, and discourse.

Please arrive early to sign in and register. There is a registration fee of \$40 (lunch is included). Bring your yoga mat, a bolster, water, and/or anything else you need to feel comfortable. There are chairs available. If you need directions, feel free to call or text:

778.246.1068



Schedule

9:00 to 10:30 am	Meditation
10:30 to 10:45 am	Break
10:45 to 11:45 am	Discourse
11:45 to 11:50 am	Break
11:50 am to 12:30 pm	Q&A
12:30 to 2:00 pm	Lunch
2:00 to 2:45 pm	Discourse
2:45 to 3:00 pm	Break
3:00 to 4:00 pm	Meditation

Location

YOGA HALL, Hindu Temple
5420 Marine Drive
Burnaby, BC

Contact

778.246.1068
vancouver-bc@kriya.org