

KRIYA YOGA – PHILADELPHIA REGION INITIATION CEREMONY

SATURDAY, OCTOBER 24, 2026

(Full Weekend Program – October 24 – 25, 2026. See Flyer for details)



<u>DATE & TIME:</u>	Saturday, October 24, 2026 (arrive 8:30 am)
<u>LOCATION:</u>	Pipersville, PA (exact address will be shared later after registration is confirmed)
<u>WHAT TO BRING:</u>	1) A minimum Initiation Offering of \$200.00 (Cash or check payable to "<u>Kriya Yoga Institute</u>"). 2) Five (5) Flowers (Minimum 2 of the 5 flowers should be carnations or roses). 3) Five (5) Fruits (Can be of same or different types). 4) Pen / Pencil and Notebook / Paper (optional if need to take notes). * Find more information about Kriya Yoga Initiation at http://kriya.org/page/initiation/en *.
<u>INFORMATION:</u>	1) Please arrive by 8:30 am. 2) The initiation ceremony will promptly begin at 9:00 am. 3) Eat lightly before arriving. The length of the Initiation Ceremony will depend on the number of people attending, usually 3 – 4 hours. 4) The Kriya Yoga Meditation Technique will be taught following the Initiation and after lunch on Saturday. <u>Note:</u> Please plan to attend full day on both Saturday and Sunday as there is a sequential order to the Saturday / Sunday Initiation Program. 5) On Saturday – you will receive initiation and learn the comprehensive meditation techniques with personal guidance from an authorized Kriya Yoga teacher. 6) On Sunday – Your experience will be built in from Saturday, and it will be tailored to meet each initiates' needs. It is a continuation of the technique review and Q&A with the teacher along with guided meditations. 7) It is very important for the new initiates to participate in the full Saturday and Sunday program. 8) Vegetarian / Vegan Meals will be provided at no cost, along with tea, snacks, and water breaks. 9) Both floor cushions and chairs may be available, depending on the availability at the host's place hosting the Initiation Program. <u>Note:</u> It is greatly advisable that you bring your own yoga / exercise mat, along with cushions and / or blankets to make yourself as comfortable as possible. 10) Bring a notepad and pen / pencil if you want to take notes while learning the meditation technique. <u>Note:</u> There will be no written instructions provided. The tradition is that Kriya Yoga is shared directly from an authorized teacher to the sincere seeker. 11) A bookstore will be available with titles from the masters in Kriya Yoga Lineage. <u>Note:</u> Only Cash or Check will be accepted. Checks can be made payable to "<u>Kriya Yoga Institute</u>".
<u>WHAT TO WEAR:</u>	Clothes should be loose and comfortable. <u>Note:</u> Please keep in mind that this is a spiritual ceremony and dress should be modest. We ask that you not wear shorts.
<u>RECOMMENDATION:</u>	It is strongly recommended that all New Initiates attend the entire weekend program to learn and understand the Kriya Yoga Meditation Technique and try to attend the Weekly Group Meditation Practice following the Initiation.
<u>REMINDER:</u>	Weekly Group Meditation Practice is held every Sunday from 9:00 am to 10:00 am, for all Kriya Initiates at: Verge Yoga Center, 250 W Lancaster Ave, Wayne, PA 19087. <u>Note:</u> Please check with the Philadelphia Region Kriya Yoga Committee to join their Whatsapp Group for announcements and more information along with any updates, canceled practices or changes.
<u>CONTACT INFORMATION:</u>	Email: philadelphia-pa@kriya.org Oodaye Shukla - 610-392-6878; Rushabh Gandhi - 215-275-0842