

## Guru Poornima Program at Satyalok, Varanasi - July 2024

Dear All,

Guru Poornima Puja and Kriya Yoga Initiation Program at Satyalok, the Lahiri family shrine in Varanasi, will be conducted by Shri Ujjwal Lahiri ji in July 2024.

The Kriya Yoga Initiation in the dynastic lineage is an elaborate and intense program spread over 3 days in 3 parts viz. 1) **Swadhyay** – Pre-Initiation talk 2) **Tapah** – Kriya Initiation & 3) **Ishwara Pranidhan** - Awareness Holistic indicating Astanga or eight aspects of Yoga Life .

The Program schedule is as follows:

| Day   | Date                           | Time  | Event  | Notes                        |
|-------|--------------------------------|---|--|------------------------------|
| Day 1 | 18 <sup>th</sup> Jul 2024, Thu | From 7:00 pm  | Pre-Initiation ( <b>Swadhyay</b> ) Talk  |                              |
| Day 2 | 19 <sup>th</sup> Jul 2024, Fri | From 8:30 am  | Kriya Initiation ( <b>Tapah</b> )  |                              |
| Day 3 | 20 <sup>th</sup> Jul 2024, Sat | From 8:30 am  | Kriya Review ( <b>Ishwara Pranidhan</b> )  |                              |
| Day 4 | 21 <sup>st</sup> Jul 2024, Sun | 10:00 am onwards  | Guru Poornima Puja ,<br>Pushpanjali & Bhandara Prasad<br>(Lunch)   |                              |
| Day 5 | 22 <sup>nd</sup> Jul 2024, Mon | 9:00 am to 4:00 pm<br><br>7:00 pm to 9:00 pm  | Visit to Kabir Chauraha (Saint<br>Kabir Ashram) & Satsang<br><br>Kabir Bhajan by Artists from Kabir<br>Ashram  | For old<br>Kriyabans<br>only |
| Day 6 | 23 <sup>rd</sup> Jul 2024, Tue | 6.30 am – 7.30 am<br><br>8:00 a.m - 9:00 am<br><br>10:30 a.m -12:30 p.m<br><br>5:30 p.m to 7:00 p.m<br><br>7:00 p.m to 9:00 p.m | Ganga Ghat Walk<br><br>Combined Kriya Practice<br><br>Kriya Review & Question related<br>to Kriya Practice<br><br>Evening Bhajan & Aarathi<br><br>Hanuman Puja &<br>Dancing/Chanting | For old<br>Kriyabans<br>only |

1) All those seeking initiation are requested to make note of the above schedule and plan their travel in such a way that they reach Varanasi latest by Thursday, 18th Jul afternoon and leave Varanasi earliest by Saturday, 20th Jul 2024 late evening after 8:00 p.m.

2) Attendance in the Swadhyay Talks on the 18<sup>th</sup> of July is mandatory for all those seeking initiation. Any participant who misses the pre-initiation talk will not be allowed for initiation.

3) Accommodation for stay during the initiation days i.e. from the 18<sup>th</sup> of July to the 20<sup>th</sup> of Jul 2024 is to be arranged by the participant him/her self. Please book your accommodations around Dashashwamedh Ghat /Chausatti ghat /Chausatti devi temple as Satyalok is easily accessible from the above-mentioned landmarks.

4) Temple food (Bhandara Prasad) will be served to all from the evening of the 18<sup>th</sup> of July to the evening of the 23<sup>rd</sup> of July 2024.

5) If any participant misses any part of the days 1, 2 & 3 of the above program, his/ her initiation will be considered incomplete and his/ her name will not be entered in the temple register.

6) The entire program will be conducted in English and Hindi only for maximum outreach in the time available.

7) The initiation program is restricted only to new participants and to old kriyavans already initiated in the dynastic lineage.

8) Please send an email with your full name, age, contact address, cell phone / whatsapp number, email address along with a request to register your name as a participant in the July 2024 initiation program to [satyalokinitiation@gmail.com](mailto:satyalokinitiation@gmail.com). Confirmation emails will be sent to all those who have registered within 10 days of receipt of their request emails.

9) Those who send their proof of travel (i.e travel tickets to & return from Varanasi) along with their registration email will be confirmed immediately and allotted slots on a priority basis.

10) Those who receive confirmation must send their travel tickets within 15 days of receipt of the email to reserve their slots, failing which their slot will be allotted to those who have registered after them. There will be no follow up or any reminders sent in this regard.

NOTE:- Those who come directly to Satyalok without any prior intimation will be allowed only if slots are available after accommodating those who have registered in advance online. Such direct participants must attend the pre-initiation talks on day 1 and also will have to produce the proofs of stay/travel for the entire program i.e till late evening of 20<sup>th</sup> July 2024 before being allowed for the initiation on 19<sup>th</sup> Jul 2024.

For any other queries please contact:-

**Shri Krishnan ji @7718898055 (Whatsapp) (4:00 pm to 9:00 pm India time)**

**Shri Kamakhya Prasad Ji @ 9431935954 (Whatsapp) (4:00 pm to 9:00 pm India time)**

Registration is strictly by email only, whatsapp or sms requests will not be entertained.

**Jai Guru**