

## GURU PURNIMA PROGRAM SCHEDULE – JULY 2022

Dear All,

This year Guru Purnima is on Wednesday, the 13<sup>th</sup> of July, 2022. Guru Puja and Kriya Yoga Initiation Program at Satyalok will be conducted by Shri Ujjwal Lahiri.

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

The Program schedule for Guru Puja & Kriya Yoga Initiation at Satyalok is as follows:-

- 1) 11<sup>th</sup> July 2022, Mon :- Pre-Initiation (Swadhyay) Talk, from 6:30 pm onwards
- 2) 12<sup>th</sup> July 2022, Tue :- Pre-Initiation (Swadhyay) Talk, from 6:30 pm onwards
- 0) 13<sup>th</sup> July 2022, Wed :- Guru Puja from 9:30 a.m. onwards followed by Pushpanjali & Bhandara Prasad (Lunch) .
- 1) 14<sup>th</sup> July 2022, Thu :- Kriya Initiation (Tapas) from 9:00 am till 7:30 pm.
- 2) 15<sup>th</sup> July 2022 Fri :- Kriya Review (Ishwara Pranidhan) from 9:00 am till 2:30 pm

**A)** All the participants are requested to make note of the above schedule and plan their travel in such a way that they reach Varanasi latest by Monday, 11<sup>th</sup> July afternoon and leave Varanasi earliest by Friday, 15<sup>th</sup> July 2022, evening.

**B)** Attendance in the Swadhyay Talks on the 11<sup>th</sup> & 12<sup>th</sup> of July; and registration thereafter for Initiation, is mandatory for all those interested. Direct entry for initiation will not be entertained.

**C)** Any person not attending the Review on the 15<sup>th</sup> of July, his name will be deleted.

**D)** From the evening of 11<sup>th</sup> July till 15<sup>th</sup> July late afternoon, temple food (Bhandara Prasad) will be served.

**E)** There will be no Higher Initiation Program at Varanasi this time.