



YOGA *with* KAYA

Mystical & Practical Nectar of Yoga



Nectar of Illumination

SACRED THRESHOLD
PANCOPACĀRA PŪJA



Our Ceremony

WELCOME & A FEW WORDS ABOUT THE TIMING

SHARE CIRCLE - NAMES & A WORD OR PHRASE

PANCOPACĀRA PŪJA GUIDED BY KAYA

SANGHA PRAYERS

CLOSING



Pancopacāra Pūja

Kaya will lead a 5-Step Pūja with an invocation to Ganeśa, as the lord of illumination, wisdom, sacred speech & thresholds... and of course the one who sits at the doorway of the tailbone and the feminine divine.

You are invited to be present, just as you are.

If you would like to be at your own alter with any or some of the items below, you are welcome. *This is not required at all.* But if you choose, and are able, the items in bold are most important.

YOU'RE INVITED TO BRING

- Incense
- **Candle or Ghee Lamp**
- Small Bowl of Fresh Water
- **A Few Fresh Flowers or A Small Bowl of Uncooked Rice**
- Sandalwood Powder, Turmeric or Red Vermilion [kumkum]
- Food Offering - sweet, homemade, or dried fruits or fresh fruits or nuts



Gaṇeśa Gayatri

om

ekadantāya vidmahe vakratuṅḍāya dhīmahi |

tanno dantī pracodayāt ||

May we know the single tusked one.
May we meditate on the one with the curved trunk.
May that one tusked one illumine our path of wisdom.



