



ENROLLMENT FORM FOR INITIATION INTO KRIYA KUNDALINI PRANAYAMA AND MEDITATION

Initiation into Kriya Yoga means to receive one's first experience with the techniques involved from someone who has been authorized to reveal them. While no prior experience with yoga is required, your response to these questions will facilitate evaluation of your readiness for initiation into Kriya Yoga. Confidentiality of the techniques is required to ensure that they will not be passed on to others in a modified or incomplete form.

Name _____ Email _____

Address _____ City _____ State or Prov. _____

Zip or postal code _____ Tel. Number _____ Date of birth _____

Proposed place and date of initiation _____

Why do you want to be initiated in the techniques of Babaji's Kriya Yoga? _____

What do you love most in this world? _____

What are your favorite books in spirituality, philosophy and metaphysics? _____

Have you been initiated into Yoga before? If so, where and by whom? Do you continue to practise the techniques learned? _____

Are you prepared to practise regularly and faithfully the techniques taught in the initiation classes? _____

Do you have any significant health problems like high blood pressure which might restrict your practice of the yoga postures? _____

Are you taking any medication? If so what? _____

I, _____ do solemnly promise to Babaji not to reveal to anyone the techniques of Kriya Kundalini Pranayama and meditation into which I will be initiated under any circumstances.

Signature

Date

Please return to Shantiananda (Alma Estefano), 5008 South Elm Street, Tempe, Arizona, 85282, with a deposit of \$50 payable to "**Alma Estefano**". This deposit will be returned to you only if you are not accepted for initiation into Kriya Yoga or are prevented by unavoidable circumstances from attending. If you have any questions please feel free to call Shantiananda, tel. 1-480-650-7968 or Email: almashanti@cox.net. This document will be kept strictly confidential.

Thank you.