



INITIATION INTO KRIYA YOGA

Level I Initiation With Shantiananda

Free Lecture: Friday, Oct. 15 @ 7:00 pm

Seminar: Sat, & Sun Oct 16&17 from 9:00am to 6:00pm
TEMPE, ARIZONA

REQUESTED DONATION: \$288.00

The goal of life is happiness, peace, love and enlightenment. The desire for perfection comes from the Self, the image of God, which seeks to express itself through all humanity.

Kriya Yoga is a scientific art of experiencing a perfect union with God, Truth and Self. It was revived in modern times by a great Master of India, Babaji Nagaraj, as a synthesis of ancient teachings of the 18 Siddha tradition. It includes a series of techniques or "Kriyas" grouped into five phases or branches.

To enroll or for more information:

e-mail:

shantiananda@babajiskriyayoga.net

or call

(480)-838-4075

In this first level weekend initiation, you will learn three out of the five phases of Kriya Yoga:

Kriya Hatha Yoga

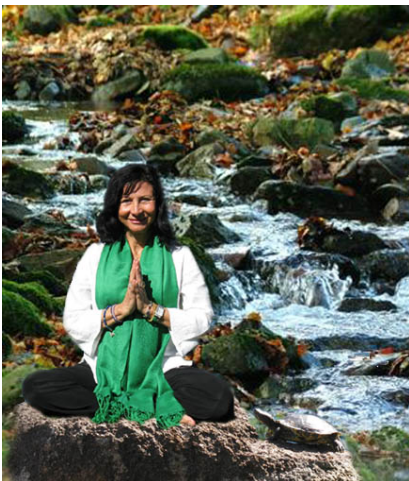
Eighteen asanas, or physical postures, will be taught in stages. Practice of the asanas will produce greater health, relaxation and energy. One cares for the physical body, not for its own sake, but as a vehicle or temple of the Divine.

Kriya Kundalini Pranayama

This is a powerful breathing technique taught in 6 phases. This breathing technique is to awaken and circulate subtle energies.

Kriya Dhyana Yoga

Seven techniques of meditation will be taught. They will help to awaken & circulate subtle energies, to cleanse the subconscious, to master the mind and to bring about Self - realization.



Shantiananda has been studying Yoga since 1970, and was first initiated into Babaji's Kriya Yoga in 1991. In July, 2001, after years of rigorous training, Shantiananda became a member of Babaji's Kriya Yoga Order of Acharyas. She is now authorized to teach the first level initiation seminar of Babaji's Kriya Yoga in the Southwest as well as in Spanish speaking countries. Regular Satsang gatherings are conducted in her hometown of Tempe, Arizona.