



INITIATION INTO KRIYA YOGA

Level I Initiation With Shantiananda

Free Lectures: Friday, Mar 19 & April 9, 2010 @ 7:00 pm
Seminar: Sat, & Sun April 10 & 11 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.

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 favorites 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? _____

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 – with a deposit of \$50.00 payable to Alma Estefano, 5008 So. Elm St., Tempe, AZ 85282. 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 at (480) 838-4075 or Email: shantiananda@babajiskriyayoga.net. **This document will be kept strictly confidential.**

Thank you.