



BABAJI'S KRIYA YOGA

The first in a series of progressive initiations
with Durga
St Etienne de Bolton, Quebec
June 3-5, 2016

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 perfect God truth union. It was revived in modern times by a great master of India, Babaji Nagaraj, as a synthesis of the teachings of the 18 siddhas. It includes a series of techniques.

Durga will be giving
**an initiation seminar
Saturday and Sunday
June 4-5, 2016
9 a.m. to 5:30 p.m.
Suggested contribution: \$300 +tax
Includes meals and lodging**

This will be preceded by:
**an introductory conference
and meditation.
Friday June 3, 2016
196 rang de la Montagne
St Etienne de Bolton
from 7:30 to 9:30 p.m.**

In this weekend you will learn 18 postures for greater health, relaxation and energy; the 6 phases of the powerful breathing technique, known as

**"Kriya Kundalini
Pranayama"**

to awaken and circulate subtle energies; 7 techniques of meditation to cleanse the subconscious, to master the mind and to bring about realization of the Self and Absolute Reality.

Durga Ahlund Govindan has been practicing and studying Yoga since 1967. She first began teaching Yoga in 1984. She has shared her experience of Yoga as a teacher of Hatha Yoga, Kundalini Yoga, and Kriya Yoga and as a Phoenix Rising Yoga therapist. She co-authored, performed, and produced with Marshall Govindan, the Yoga video, "Babaji's Kriya HathaYoga, Self-realization through Action with Awareness." She developed and teaches a 200-hour Teacher Training Course for Babaji's Kriya Yoga at the Kriya Yoga Ashram in Quebec, and also in Germany, Spain, Estonia, Brazil and in India. She developed "The Grace Course," a two-year monthly correspondence course of lessons on Kriya Yoga and self-study. She was inducted into the teaching Order of Acharyas of Babaji's Kriya Yoga in Bangalore, India in January 2003. Her latest book is "Deepening Your Practice." Check out her blog on Yoga at seekingtheself.com.

For more information, or to enroll telephone **Durga: (407) 260-0782** before June 1, or 196 Mountain Road, PO Box 90, Eastman, Quebec, J0E 1P0

Telephone 1-888-252-9642 (toll free) anytime

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