



BABAJI'S KRIYA YOGA®

The first in a series of progressive initiations
with Durga

**St Etienne de Bolton, Quebec
June 6-8, September 12-14, 2014**

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 7-8,
September 13-14, 2014
9 a.m. to 5:30 p.m.
at the Quebec Ashram
196 Mountain Road
St. Etienne de Bolton
Suggested contribution: \$300 +tax
Includes meals and lodging**

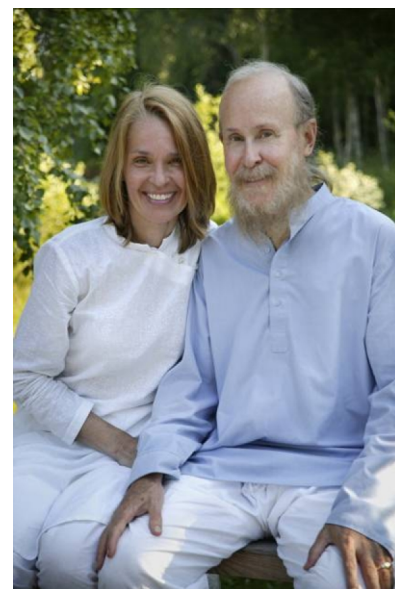
This will be preceded by:
**an introductory conference and
meditation.
Friday June, 6, September 12, 2014
from 7:30 to 9:30 p.m.**

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 shares her experience of Yoga as a writer, teacher of Hatha Yoga, Kundalini Yoga, and Kriya Yoga and as a Phoenix Rising Yoga Therapist, which uses Yoga for emotional release. She gives Initiation seminars in Kriya Yoga, all over the world. She co-authored several spiritual Yoga books, with her husband, Marshall Govindan and also the Yoga video, Babaji's Kriya Hatha Yoga, Self-realization through Action with Awareness, all, which have been translated into many languages. Durga developed a two-year, monthly course of lessons called The Grace Course, to deepen yogic understanding and encourage self-study. She developed and teaches a 200-500 hour Hatha Yoga Teacher Training Course worldwide, giving trainings in Canada, Germany, India and Brazil. Her two latest books are "Deepening your Practice," and "The Yoga Toolbox: An everyday guide for shaping your future." She and her husband take students on pilgrimages to India twice a year. Check out her blog at: seekingtheself.com.



For more information, or to enroll:

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