



BABAJI'S KRIYA YOGA®

The first in a series of progressive initiations
with Vidhyananda
West Chester, Pennsylvania
(45 minutes from Philadelphia)
March 22-24, 2019

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.



Vidhyananda will be giving
an initiation seminar
Saturday & Sunday
March 23 & 24, 2019
9:00 a.m. to 5:00 p.m.
Suggested contribution: \$300

Uptown! Knauer Performing Arts Center
226 North High Street
West Chester, PA 19380

The Initiation seminar
will be preceded by an
introductory lecture & meditation
Friday, March 22, 2019
From 7:30 to 9:00pm

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.

Vidhyananda LMT, RYT is the founder of Providence Healing Arts, a Yoga Studio & alternative healing center in Providence, Rhode Island, USA. As a student of Hatha Yoga and Kundalini Yoga for 40 years, Vidhya is a certified 500 hour yoga instructor facilitating retreats and teacher trainings throughout the world. She has over 25 years of experience in the study of Ayurveda, Macrobiotics and Traditional Five Element Theory.

Local Contact

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For more information on Babajis Kriya Yoga see www.babajiskrivayoga.net

Vidhyananda

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