



Have you read about Babaji,  
the Himalayan Yoga Master?

# Learn To Practice KRIYA YOGA

Courses are offered in this ancient scientific art by  
Babaji's Kriya Yoga Order, founded by  
M. Govindan Satchidananda.

Author of the book-

"Babaji and the 18 Siddha Kriya Yoga Tradition"

[www.babajiskriyayoga.net](http://www.babajiskriyayoga.net)

The goal of human life can be said to be happiness, peace, love and enlightenment. The desire for this perfection comes from the Self, the image of the Divine which lives and seeks to express itself through all humanity.

**KRIYA YOGA is the scientific art of realizing the Self and the God-Truth union.** It was revived in modern times by the great Himalayan master Babaji Nagaraj. It is a synthesis of all the teachings of the 18 Siddhas. The techniques are taught in three levels of initiations which lead one to Samadhi.

## 2017 Schedule First Level Initiation

*FREE Friday 7 pm introductory  
lecture and meditation*

*February 24, 25, 26.*

*May 26, 27, 28.*

*September 22, 23, 24.*

*November 24, 25, 26.*

*8:30 am to 5 pm*

*Saturday, Sunday workshop sessions*

80 Eastville Ave. Scarborough, Ontario.  
Kingston Road at Brimley Road

**Call to enroll: 1-416-850-1160**

*Suggested contribution - \$265*

**Available on Request:**

*- Alternate Initiation dates to fit personal schedules -*

*- Introductory Yoga course -*

*(8 week 1.5 hour classes- Kriya Hatha Yoga,  
basic pranayama and meditation)*

In the First Level Initiation seminar each student will learn: the special routine of 18 hatha yoga postures to be uniquely practiced for greater health, relaxation and energy; the 6 phases of the powerful breathing technique which is known as **Kriya Kundalini Pranayama** to awaken and circulate all one's subtle energies; the 7 progressive techniques of meditation which will help cleanse the subconscious, leading to a mastery of the mind and to bringing about the realization of the Self and Absolute Reality.

**M. Govindan Satchidanada**, has practiced Kriya Yoga as a disciple of Babaji since 1969. He studied and practiced Kriya Yoga in India for nearly four years with Yogi Ramaiah, a disciple of Babaji, and he assisted in the establishment and development of 23 Kriya Yoga centers around the world. After fulfilling certain rigorous conditions, he was asked by Babaji to teach Kriya Yoga to others under his guidance and inspiration.

**Vyasa Lawson** first became interested in Yoga as a university student in Toronto, where he learned hatha yoga and meditation. As a householder and as mid-life approached, he was moved to take up Kriya Yoga as a way to continue his growth and self-awareness with all that entails in modern life. Gradually he made changes that led him to retire from his career in real estate investment to devote his time to his Kriya practice and to supporting the aged and terminally ill. Vyasa has a graduate degree in hospice studies and he became an Acharya of Babaji's Kriya Yoga in 2006.

(Prior initiates are invited to first level initiations to renew their practice with a discretionary contribution)

To contact Vyasa by email: [douglaslawson@rogers.com](mailto:douglaslawson@rogers.com)

