



**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"**

**Visit the website: [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 initiations which lead one to Samadhi.

*Acharya Vyasa is offering*

## **First Level Initiation in Babaji's Kriya Yoga.**

***Saturday August 19, 2017 and  
Sunday August 20, 2017***

***8:00 AM to 5:00 PM***

Babaji's Kriya Yoga Ashram  
196 Mountain Rd.

St. Etienne de Bolton, Québec.

Initiation is in seminar format

comprised of all day Saturday and Sunday  
workshop sessions.

**Free Introductory Lecture & Meditation**

***Friday August 18, 2017 - 7pm***

**Call to enroll: 1-888-252-9642**

***Suggested Contribution: \$300 + taxes***

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.

**D. Vyasa** first became interested in yoga and meditation at university. During a successful career and as a householder with family he was motivated to contribute his time to charity and hospice. This, along with a series of deep changes in his life, helped him to search for ways to increase his self-awareness. Steadily he made changes to his life that led him to live independently and to devote himself to practicing Babaji's Kriya Yoga. Vyasa has been initiated by M.G. Satchidananda into all three levels of Babaji's Kriya Yoga, is a certified hatha yoga teacher and is an acharya. He welcomes all those who are sincere in learning and practicing Kriya Yoga

(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)**

