



BABAJI'S KRIYA YOGA®

The first in a series of progressive initiations will be conducted by **Amman**, a member of Babaji's Kriya Yoga order of Acharyas.

on Mt. Shasta, California
Sept 14th and 15th, 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 the 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.

An initiation/seminar will be presented over the course of two days, Tues. and Weds.
9:30 a.m. to 5:30 p.m.
at Red Fir Flat, USFS campground on Mt. Shasta.

suggested contribution is \$250
or lesser amount/love offering
depending on means

This will be preceded by:
An introductory talk & meditation
Sept 13th, 2019 from 7:00 pm to 8:30 pm
at the same location. (no charge)

contact Amman by email at a.frank@sasktel.net to pre-register or for further information

Mt. Shasta contact: Carol, kriyashasta@gmail.com

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

“kriya kundalini pranayama”

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

Amman first learned about Babaji as a teenager in 1969 and was initiated into kriya yoga in 1970 by Yogacharya J. Oliver Black, a lay minister of SRF and direct disciple of Paramahansa Yogananda. In the mid 1980's he lived with Yogacharya Black at his his yoga retreat in northern Michigan. In 2006 Amman rediscovered Babaji and has since then gained greater insight into yoga through Babaji's Kriya Yoga. Amman has spent most of his working life in northern and western Canada in the environmental field. Amman presents Babajis Kriya Yoga seminars at select locations annually and continues to teach from his home north of Saskatoon.

For more information on Babajis Kriya Yoga see www.babajiskriyayoga.net or www.kriya.ca

Amman (Alan Frank) may also be contacted by tel. at 306-982-4379 . by email a.frank@sasktel.net and by regular mail at P.O. Box 505, Christopher Lake, SK S0L 0N0, CANADA