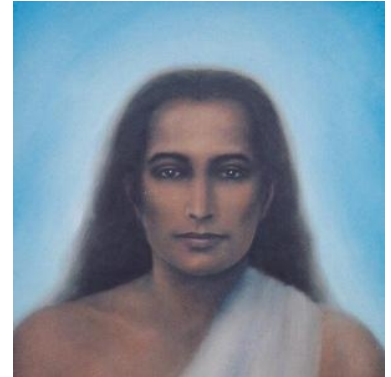


# BABAJI'S KRIYA YOGA®

## Retreat and Gathering



Mt. Shasta, California.  
Red Fir Flat Campground  
June 18-25, 2018.

We invite you to our camp of yogis in this awe inspiring setting as an introduction to Babaji's Kriya yoga or to deepen your practice. This is a unique and exciting opportunity for a retreat on Mt Shasta, one of the seven sacred mountains on earth.

Daily routine will include:

- group meditation morning and evening in tipi
- asana practice
- technique review
- kirtan around campfire
- shared meals

There will be free time daily for hiking, swimming, exploring the mountain. You may come for a min of 3 days up to the total 7 days, no prerequisite is set other than a sincere desire to participate, learn and practice yoga.

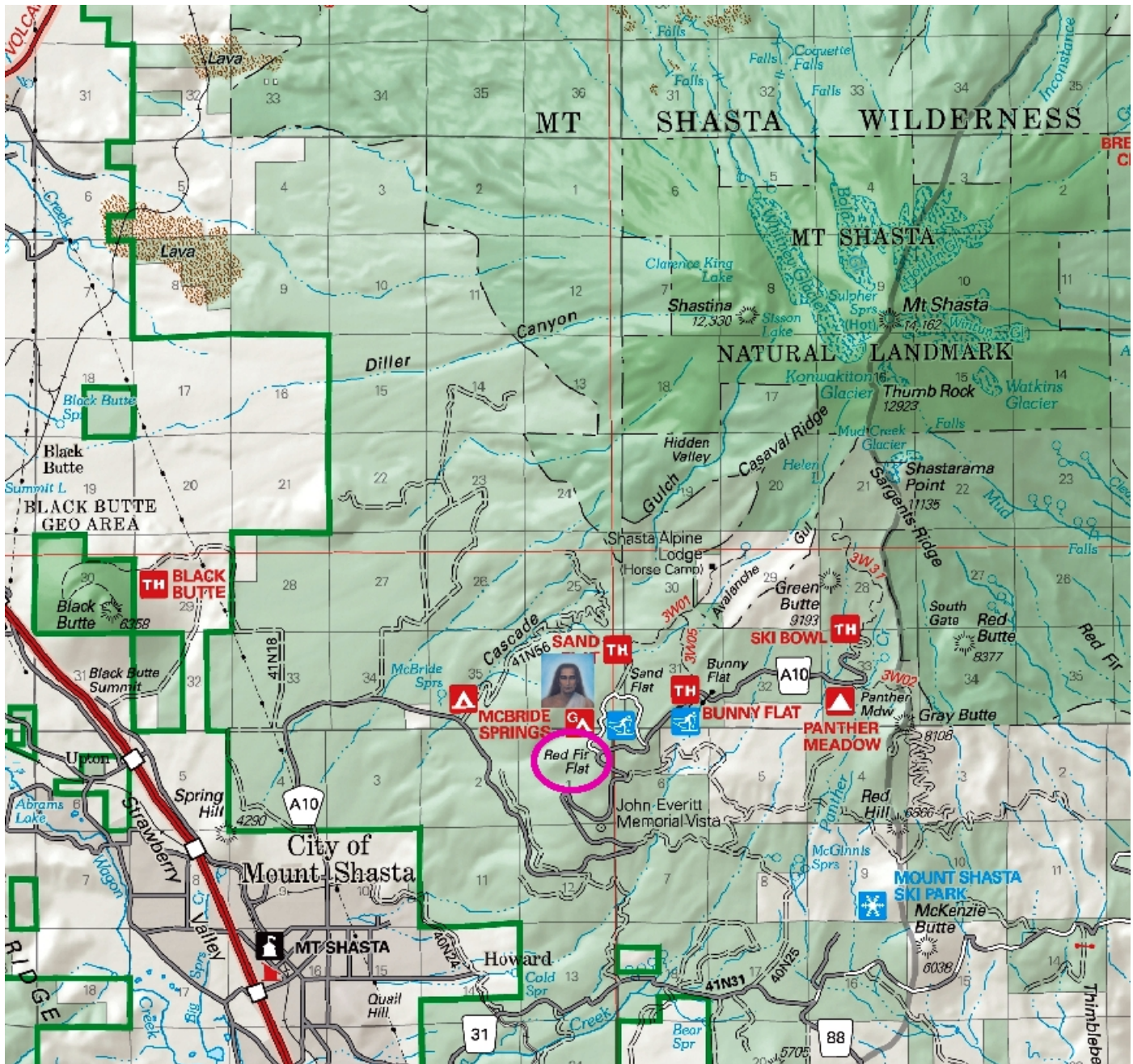
Suggested donation \$10 per day, bring your own food and water

On June 19-20 a formal 1st Babajis Kriya Yoga initiation will be conducted by Amman. June 21-22 will be transition time and retreat, to be followed on June 23-24 with a formal 2nd Babaji's Kriya Yoga initiation will be conducted by Amman for those previously initiated into Babajis Kriya Yoga 1st level. All programs are offered on a donation basis.



**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 Self Realization Fellowship 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 has conducted yoga classes and seminars at various locations across North America and continues to teach from his home north of Saskatoon.

see [www.kriya.ca](http://www.kriya.ca)



### Directions to Red Fir Flat Campground:

I-5 to City of Mt. Shasta, northern California.  
take A-10 up the mountain, watch for signs  
total distance from I-5, 10 miles or 16 km

For further information contact co hosts:

Amman [a.frank@sasktel.net](mailto:a.frank@sasktel.net) or Carol [carolsnaturalhealth@gmail.com](mailto:carolsnaturalhealth@gmail.com) 530-925-9036