



Cultivate Inner Peace & Wisdom

Through a life of moderation and regular practice of Kriya Yoga one can enjoy the beauty of human life, perceiving peace, bliss and joy!

Please join me for a free
lecture to learn more about
Babaji Kriya Yoga

FRIDAYS, MAY 3 &
May 31st
7:00 pm

Shantiananda has been studying Yoga since 1970, and was first initiated into Babaji's Kriya Yoga in 1991.

In July, 2001, after years of rigorous training, Shantiananda became a member of Babaji's Kriya Yoga Order of Acharyas.

She is now authorized to teach the first level initiation seminar of Babaji's Kriya Yoga in the Southwest as well as in Spanish speaking countries.

Regular Satsang gatherings are conducted in her hometown of Tempe, AZ.

Babaji Kriya Yoga Level I Initiation Workshop

Wednesdays, June 5 through 26
6:00 p.m. to 9:00 p.m.

Kriya Yoga is a scientific art of experiencing a perfect union with God, Truth and Self. It was revived in modern times by a great Master of India, Babaji Nagaraj, as a synthesis of ancient teachings of the 18 Siddha tradition. It includes a series of techniques or "Kriyas" grouped into five phases or branches.



In this first level weekend initiation, you will learn three out of the five phases of Kriya Yoga:

- Kriya Hatha Yoga
- Kriya Kundalini Pranayama
- Kriya Dhyana Yoga

♥ Requested donation~ \$288

For more information please contact:

almashanti@cox.net | 480.650.7968 | www.kriyayogaforpeace.com