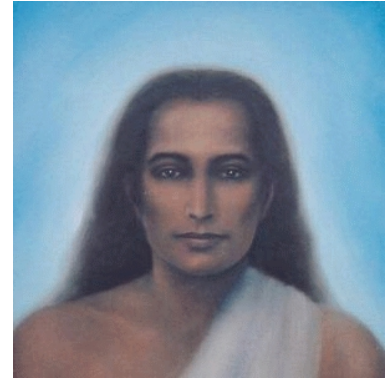


# BABAJI'S KRIYA YOGA®

## 1st and 2nd initiations

### Retreat



Eastend, Saskatchewan  
Aug 11-16, 2021.

You are cordially invited to a retreat and initiations into Babajis Kriya yoga in this 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 at the foot of the historic Cypress Hills on the banks of the Frenchman River. This is opportunity to learn and practice the five phases of Babajis Kriya yoga in two initiations over 5 days not normally offered in a condensed retreat setting.

The retreat will be held at the home and surrounding grounds of the home of Brenda Feuerstein in Eastend SK. Limited accomodation is available it is anticipated that most particpants will camp on the grounds adjacent.

Babajis Kriya Yoga is an integrated suite of techniques forming the basis for a daily practice. It is comprised of 5 phases: asana/postures, pranayama/breathwork, dhyana/meditation, mantra/sacred syllables and bhakti/devotional activity. We will introduce the first 3 in the first initiation and the lattter 2 in the second initiation.

You may come for a min of 2 days for the first initiation and then for those already initiated into Babajis Kriya yoga for an additional 3 days or the latter 3 days to participate in the second initiation for a total 5 days for those participating in both initiations, no prerequisite is set other than a sincere desire to participate, learn and practice yoga.

Suggested donation 250 per initiation or 500 for both initiations. For those coming for a review of the first initiation theres no charge other than a contribution for meals.

On August 11-12 a formal 1st Babajis Kriya Yoga initiation will be conducted.. August 13 will be transition time to be followed on Aug 14-15 with a formal 2nd Babaji's Kriya Yoga initiation. Both initiations will be conducted by Amman. 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 been teaching as an Acharya with Babajis Kriya Yoga for the past 10 years conducting 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)

**For further information or to register contact: Amman [a.frank@sasktel.net](mailto:a.frank@sasktel.net) or Brenda [bfeuerstein@gmail.com](mailto:bfeuerstein@gmail.com)**