



First in a series of progressive
Initiations to

BABAJI'S KRIYA YOGA®

In Ottawa (Westboro) at
346 Richmond Rd, Suite 203
with Y. Moreno (Nandi)

KRIYA YOGA is a brilliant and practical synthesis of age-old teachings referred to by Patanjali in the famous Yoga Sutras and revived in this modern era by a great Indian master.

The goal of life is the attainment of our full potential, happiness, peace and love. That desire for perfection comes from the Self peering through the shell of the ego.

**Introductory conference and
meditation:**

Sunday

**February 12, 2023,
from 7:00 p.m. to 9:00 p.m.**

7 lessons:

**Thursdays February 16 to March
30, 2023 from
7:00 p.m. to 9:00 p.m.**

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

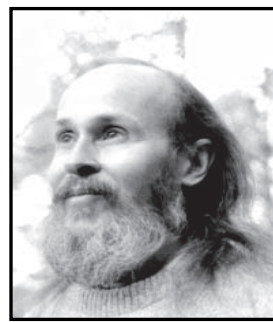
Complete attendance of the
program is mandatory, except for
repeaters.

In this seminar you will learn techniques which, through daily practice, promote Self-realization at all levels:

- Physical (18 postures that bring greater health, relaxation and energy);
- Vital (6 phases of Kriya Kundalini Pranayama, a powerful breathing technique, to awaken and circulate subtle energies);
- Mental/spiritual (7 techniques of meditation to purify the subconscious, master the mind and overcome the limitations of the ego).

Nandi was initiated to Kriya Yoga by M.G. Satchidananda who was in turn initiated to Kriya Yoga by Yogi S.A.A. Ramaiah in 1969.

Satchidananda founded the Order of Acharyas to teach Babaji's Kriya Yoga around the world; he was the recipient of the 2014 International Yoga Federation's Patanjali International Award.



If you have any questions, please feel free to call me at (613) 858-9338 or Email:
Nandi@babajiskriyayoga.net.

Please send your enrolment form with a \$50 electronic payment deposit at
Nandi@babajiskriyayoga.net.

We reserve the right of admission. Your deposit will be returned if the seminar is canceled, are not accepted or prevented from attending.

... I look forward to hearing from you... 🙏