



# BABAJI'S KRIYA YOGA®

The first in a series of progressive  
Initiations with M Govindan Satchidananda  
Author of the book  
“Babaji and the 18 Siddha Kriya Yoga Tradition”  
St Etienne de Bolton, Quebec  
May 22-24, 2020 and August 21-23, 2020

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 a 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. It includes a series of techniques.

M Govindan Satchidananda will be giving  
**an initiation seminar**  
**Saturday and Sunday**  
**May 23-24, 2020, August 22-23, 2020**  
**9 a.m. to 5:30 p.m.**  
**at the Quebec Ashram**  
**196 Mountain Road**  
**St. Etienne de Bolton**  
**Suggested contribution: \$330 +tax**  
**Includes meals and lodging**

This will be preceded by:  
**an introductory conference and meditation.**  
**Friday**  
**May 22, 2020, August 21, 2020**  
**from 7:30 to 9:30 p.m.**  
**at St Etienne de Bolton**

In this weekend you will learn 18 postures for greater health, relaxation and energy; the 6 phases of the powerful breathing technique, known as

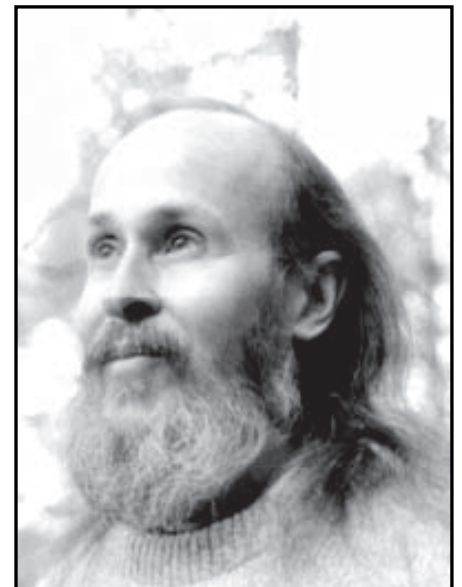
**"Kriya Kundalini  
Pranayama"**

to awaken and circulate subtle energies; 7 techniques of meditation to cleanse the subconscious, to master the mind and to bring about realization of the Self and Absolute Reality.

**M Govindan Satchidananda**, has practiced Kriya Yoga intensively as a disciple of Babaji since 1969. He studied and practiced Kriya Yoga in India for nearly four years with Yogi Ramaiah, a direct disciple of Babaji, and for over 18 years assisted him in the establishment of 23 Kriya Yoga centers around the world. During this same period he practiced Kriya Yoga for eight hours per day on average, and as a result attained Self-realization. After fulfilling certain rigorous conditions given to him by Yogi Ramaiah, he was asked by Babaji in 1988 to go and teach Kriya Yoga to others under his guidance and inspiration. He is the founder president of four charitable organizations in India, Sri Lanka, Canada and USA which are dedicated to the teaching of Babaji's Kriya Yoga, and the author of many acclaimed books

For more information, or to enroll by telephone:

**M Govindan Satchidananda** P.O. Box 90  
Eastman, Quebec, JOE 1P0  
Tel: (888) 252-9642 or (450) 297-0258  
E-mail: [info@babajiskriyayoga.net](mailto:info@babajiskriyayoga.net)  
E-Commerce: [www.babajiskriyayoga.net](http://www.babajiskriyayoga.net)



## ENROLLMENT FORM FOR INITIATION INTO

### KRIYA KUNDALINI PRANAYAMA AND MEDITATION

Initiation into Kriya Yoga means to receive one's first experience with the techniques involved from someone who has been authorized to reveal them. While no prior experience with yoga is required, your response to these questions will facilitate evaluation of your readiness for initiation into Kriya Yoga. Confidentiality of the techniques is required to ensure that they will not be passed on to others in a modified or incomplete form.

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State or Prov. \_\_\_\_\_

Zip or postal code \_\_\_\_\_ Tel. Number \_\_\_\_\_ Date of birth \_\_\_\_\_

Proposed place and date of initiation \_\_\_\_\_

Why do you want to be initiated in the techniques of Babaji's Kriya Yoga? \_\_\_\_\_

\_\_\_\_\_

What do you love most in this world? \_\_\_\_\_

What are your favorite books in spirituality, philosophy and metaphysics? \_\_\_\_\_

\_\_\_\_\_

Have you been initiated into Yoga before? If so, where and by whom? Do you continue to practise the techniques learned? \_\_\_\_\_

Are you prepared to practise regularly and faithfully the techniques taught in the initiation classes? \_\_\_\_\_

Do you have any significant health problems like high blood pressure which might restrict your practice of the yoga postures? \_\_\_\_\_

Are you taking any medication? If so what? \_\_\_\_\_

I, \_\_\_\_\_ do solemnly promise to Babaji not to reveal to anyone the techniques of Kriya Kundalini Pranayama and meditation into which I will be initiated under any circumstances.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Please return to Kriya Yoga Publications, P.O. Box 90, Eastman, Quebec, Canada J0E 1P0 with a deposit of \$50 payable to "Marshall Govindan". This deposit will be returned to you only if you are not accepted for initiation into Kriya Yoga or are prevented by unavoidable circumstances from attending. If you have any questions please feel free to call M Govindan Satchidananda at (450) 297-0258 or (888) 252-9642 or Email: [info@babajiskriyayoga.net](mailto:info@babajiskriyayoga.net). This document will be kept strictly confidential.