

# Babaji's Kriya Yoga® First Initiation

Providence, Rhode island

The goal of life is happiness, peace, love, and enlightenment. The desire for perfection comes from the Self. Kriya Yoga 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. 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.

Level 1 Initiation Seminar

October 9, 10, 11

Friday Oct 9<sup>th</sup> free Introductory  
lecture,  
7 p.m.-9 p.m.

Oct 10<sup>th</sup>, 11<sup>th</sup> 2026

9 a.m. to 5:30 p.m

Level 1 Seminar

431 Lloyd Ave,

Providence, Rhode Island 02906

Contribution: \$250

In this weekend you will learn:

- 18 postures for greater health, relaxation and energy.
- the six phases of the powerful breathing technique, known as “kriya kundalini pranayama”.
- 7 dhyana meditation techniques.

- ↳ Improve your Health, Mental Fitness and Inner Well-Being
- ↳ Consciously Create your Life. Act with Awareness Awaken your
- ↳ Power of Intention and Manifestation Transform limiting
- ↳ unconscious habitual patterns Find your Self, Absolute Reality
- ↳ and Inner Peace Enhance your current Spiritual or Religious
- ↳ Practice Accelerate Divine Consciousness progressing in your
- ↳ Being Realize the Source of Wisdom inside your own inner
- ↳ Experience

Ramdas (Arround Mahmoudi) was born in Iran into an Armenian family in 1971. After migrating to several countries. His family finally settled in Los Angeles where he was initiated into Babaji's Kriya Yoga in 2003 and has been devoutly practicing the art since then.



Contact Ramdas at: (401) 808-4021

## TESTIMONIALS

“Perfect. I couldn't think how it could be better.”

“This two and a half day 'initiation' cut through the noise, and I arrived at a whole heap of stuff that I could take back and use immediately. I recommend it highly.”

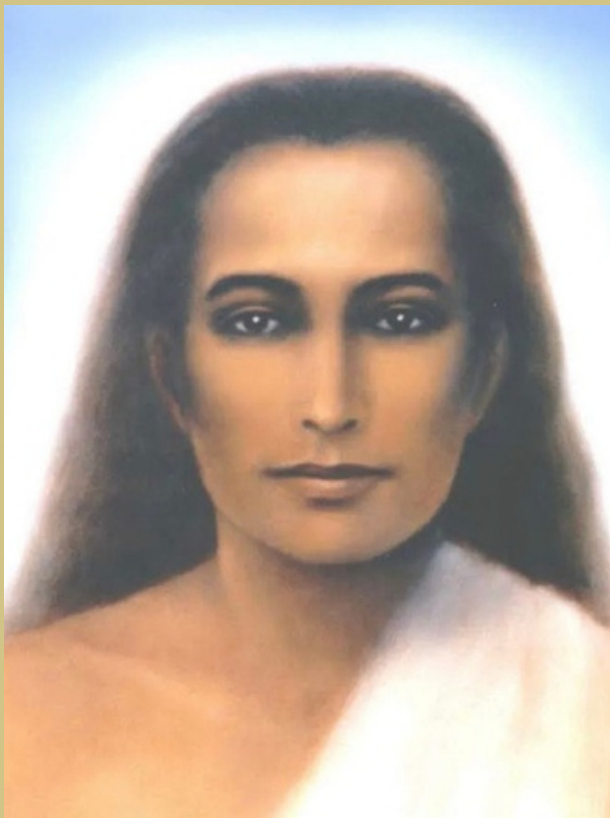
“I have I found that Kriya Yoga is the fullest flowering of yogic practices. A yoga practice offered as a living experience.”

“It was wonderful... elevating, enlightening, comforting, inspiring and immediately actionable... all rolled into one... not many things like that on this planet.”

“I am feeling relieved and very hopeful with the journey ahead of me. Peaceful in the knowledge that I will find myself - a self I always felt I never knew.”

“Just what I wanted. I was in a different world altogether. Time & money well spent for myself.”

“By regularly practicing Kriya Yoga, I'm able to come home to myself after being out there in the world. I have within me all that it takes to deal with what is going on inside and outside me.”

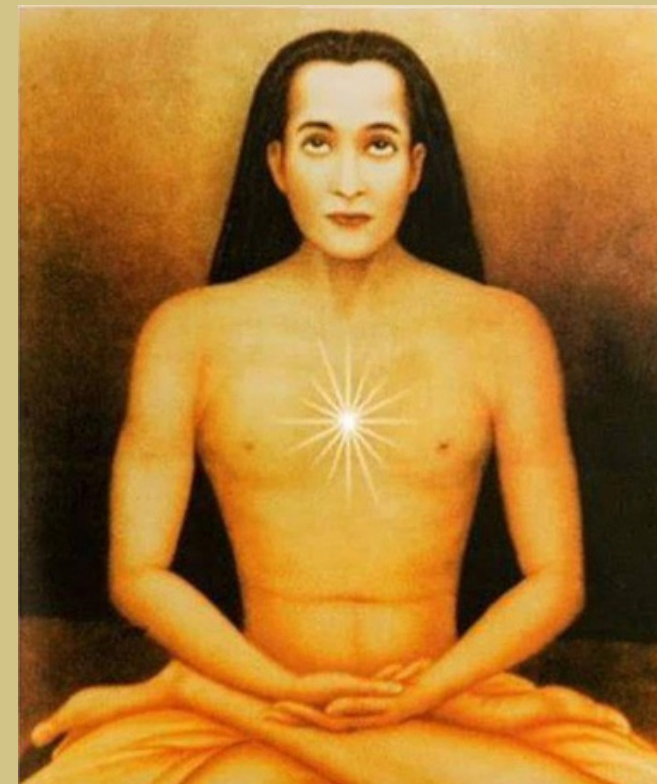


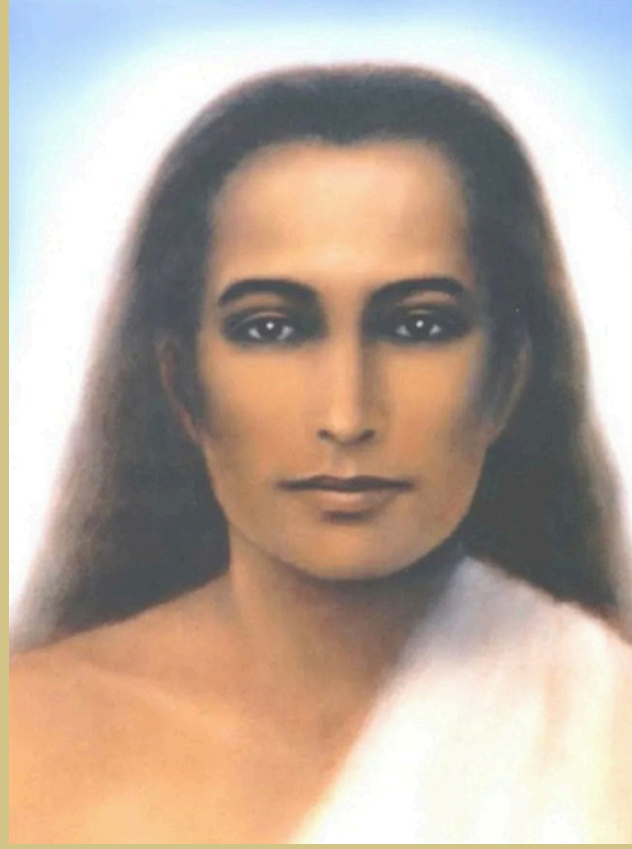
### Your contribution:

**Babaji's Kriya Yoga Order of Acharyas strives to offer this opportunity for initiation to any sincerely interested person, worldwide. Traditionally, initiation (diksha) as such has no charge. However, in order to keep our offer to you independent from external sponsoring and to cover the costs involved to make this group program possible for you, we request from each of our participants a suggested contribution for receiving initiation and their own participation.**

### Information

- visit our website [BabajisKriyaYoga.com](http://BabajisKriyaYoga.com) visit our
- <bookstore> • Recommended books: read
- <testimonials> of our students' experiences listen
- to the <introductory lecture> by Satchidananda read the article on <significance of initiation>
- Kriya Yoga: Insights Along the Path, Babaji and
- the 18 Siddha Kriya Yoga Tradition by M.
- Govindan Autobiography of a Yogi by P.
- Yoganand
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## **THE PROGRAM**

**Venue**

**431 Lloyd Ave**

**Providence, Rhode Island 02906**

## **Schedule**

**Introductory Conference**

**(with meditation, free)**

**Friday, Octo 9<sup>th</sup>**

**7pm-9pm**

**2-day weekend Seminar Saturday +**

**Sunday, Octo 10th and 11th, 2026**

**9:00 a.m – 5:30 p.m.**

**complete attendance mandatory**

## **Suggested contribution**

**\$250**

**includes meals and lodging**

**prior to the start of the program**

## **Registration**

**Fill out our online Enrollment form**

**required in advance, details may change**

**we reserve the right of admission**

**please contact at 401-808-4021**

**KRIYA YOGA** is the holy scientific art of perfect God-Truth union and Self-Realization and was revived for today's humanity by a perfected grand master of India and spiritual world teacher, Kriya Babaji Nagaraj, nowadays taught in various branches of his disciples. It is a practical distillation of Siddhanta, a synthesis of ancient teachings of the Siddhas, India's mystic ageless sages and tantric Yoga adepts who have attained perfection, represented by Siddha Tirumular's 'Tirumandiram' Tantra Yoga, Siddha Boganathar's Yoga of secret internal alchemy, and Siddha Patanjali's famous 'Yoga Sutras', reflected in the South Indian **18 SIDDHA TRADITION**

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## THE TEACHING

You learn a powerful transforming magnetizing breathing technique (kriya kundalini pranayama) with six phases, seven meditation techniques (dhyana) to master the mind, postures (asana) to master the body, and in a sacred ceremony (puja) an invocation mantra to connect to the Grace of Kriya Babaji and your own inner Guru. You receive clear instruction and practical training in using a series of essential yogic techniques (Kriyas) to awaken, circulate, store and increase subtle energies and your life force, to purify, heal and strengthen your body, mind and intellect, to enhance awareness, to burn your Karmas and find your Dharma, to use the universal law of attraction, to accelerate the natural progression of Divine Consciousness into your human nature, to unfold your divine and human potential in all your bodies or levels of existence. You realize your own inner experience to be a reliable authoritative source of growth, wisdom, knowledge, transformation and self-empowerment.

## THE LINEAGE

Babaji's Kriya Yoga Order of Acharyas, founded by M. Govindan Satchidananda, inspired by his teacher Yogi S.A.A. Ramaiah and Babaji, initiates in three progressive stages into a series of 144 comprehensive Yoga techniques (Kriyas), which represent a five-fold path of Yoga, based on the teachings of Babaji and the 18 Siddha tradition. Initiation is given in three intensive residential or day program seminars, starting with this First initiation. A Second initiation residential 3-day retreat introduces other qualities of integral Yoga, with a mantra initiation (diksha) and fire ritual (yagna), sacred silence (mauna), additional substantial pranayamas, training of awareness, and how to constantly practice Yoga in daily life. A Third initiation residential 9-day advanced retreat introduces a series of 144 Kriyas, techniques to purify the bodies and develop subtle energy powers (siddhis) and the mystic states of consciousness in meditation (samadhi). Repeating will refresh, deepen and expand inner experience, insights, knowledge and prepare for attending the next stage.