



Babaji's  
**Kriya Yoga Initiation**  
**Ghent, New York**  
with Vidhyananda



About Kriya Yoga

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.

Vidhyananda LMT, RYT, is the founder of Providence Healing Arts, a Yoga Studio and alternative healing center in Providence, Rhode



Island (USA). As a student

of Hatha Yoga and Kundalini Yoga for 40 years, Vidhya is a certified 500-hour yoga instructor facilitating retreats and teacher trainings throughout the world. She has over 25 years of experience in the study of Ayurveda, Macrobiotics and Traditional Five Element Theory.

Contact Vidhyananda at:

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**Level 1 Initiation Seminar**

October 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>, 2021

October 1<sup>st</sup>; free introductory lecture,  
7 p.m.-9 p.m.

October 2<sup>nd</sup> and 3<sup>rd</sup>, 2021  
9 a.m. to 5:30 p.m.

Ghent, New York, USA;

Suggested Donation: \$250

**15 minutes from Hudson, NY**

**Accommodations available, inquire for pricing.**