



BABAJI'S KRIYA YOGA®

The first in a series of progressive initiations
with Vidhyananda
Mount Shasta, Ca

Sept 14th & 15th 2019

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.



Vidhyananda will be giving
an initiation seminar
Dates- Sept 14th & 15th
9 a.m. to 5:30 p.m.
Suggested contribution: \$250

Mt. Shasta, Ca
Red Fir Flat Campground

A free introductory lecture will be
given from 7:30 pm-9:00 pm

September 13th
at the same location.

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 & 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.

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For more information on Babajis Kriya Yoga see www.babajiskriyayoga.net

Vidhyananda

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