



Babaji's
Kriya Yoga Initiation
Ashaway, Rhode Island
 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 & director of

Yoga Vidhya, a Yoga Studio and Wellness center, located in Ashaway, Rhode Island (USA). As a student of Hatha Yoga and Kundalini Yoga for 50 years, Vidhya is a certified 500-hour yoga instructor facilitating retreats and teacher trainings throughout the world. She has over 35 years of experience in the study of Ayurveda, Visual Diagnosis, Macrobiotics and Traditional Five Element Theory.



About Southern Rhode Island

Ashaway, Rhode Island is located close to the southernmost tip of Rhode Island, a few miles from some of the most beautiful beaches in the world. Enjoy hiking, tennis, golf and dining as you explore one of the most scenic areas in America. There are many hotels, motels and restaurants conveniently located close by. We are 3 hours, by car from New York, 1 1/2 hours to Boston and less than an hour to Providence, RI. Amtrak train service is available in neighboring Westerly. Air Travel is booked thru Providence, RI.

Level 1 Initiation Seminar

April 19th, 20th, and 21st, 2024

April 19th; free introductory lecture,
 7 p.m.-9 p.m.
 April 20th and 21st, 2024
 9 a.m. to 5:30 p.m.

211 Main Street Unit 204,
 Ashaway, Rhode Island, USA;

Suggested Donation: \$250

50 minutes from Providence, RI