



Have you read about Babaji,  
Himalayan Yoga Master?  
Learn To Practice  
**KRIYA YOGA**

Courses offered in this ancient scientific art by  
Babaji's Kriya Yoga Order, founded by  
M. Govindan Satchidananda.

Author of :

*"Babaji and the 18 Siddha Kriya Yoga Tradition"*

[www.babajiskriyayoga.net](http://www.babajiskriyayoga.net)

The goal of human life can be said to be happiness, peace, love and enlightenment. The desire for this perfection comes from the Self, the image of the Divine which lives and seeks to express itself through all humanity.

**KRIYA YOGA is the scientific art of realizing the Self and the Divine-Truth union.**

Kriya Yoga was revived in modern times by the great Himalayan master Babaji Nagaraj. It is a synthesis of all the teachings of the 18 Siddhas. The techniques are taught in three levels of initiations which lead one to Samadhi.

**OTTAWA - 2019  
First Level Initiation**

**FREE INTRODUCTORY  
LECTURE & MEDITATION**

**May 3, 2019 – 7 pm to 9 pm**

**Kriya Yoga Workshop Sessions**

**Saturday and Sunday**

**May 4 & 5, 2019**

**11 am to 7 pm**

**Location:**

**Rama Lotus Yoga Studio**

**342 Gladstone Ave**

**Ottawa ON K2P 0Y8**

**Tel: 613.234.7974**

**Call to enroll: 1-416-850-1160**

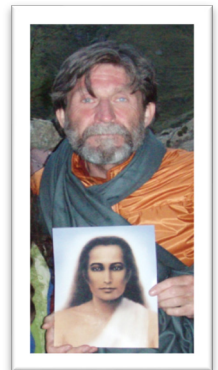
*Suggested contribution - \$275*

Prior initiates are invited to renew their initiation.

In the First Level Initiation seminar each student will learn: the special routine of 18 hatha yoga postures to be uniquely practiced for greater health, relaxation and energy; the 6 phases of the powerful breathing technique which is known as **Kriya Kundalini Pranayama** to awaken and circulate all one's subtle energies; the 7 progressive techniques of meditation which will help cleanse the subconscious, leading to a mastery of the mind and to bringing about the realization of the Self and Absolute Reality.

**M. Govindan Satchidanada**, has practiced Kriya Yoga as a disciple of Babaji since 1969. He studied and practiced Kriya Yoga in India for nearly four years with Yogi Ramaiah, a disciple of Babaji, and he assisted in the establishment and development of 23 Kriya Yoga centers around the world. After fulfilling certain rigorous conditions, he was asked by Babaji to teach Kriya Yoga to others under his guidance and inspiration.

**Vyasa Lawson** first became interested in Yoga as a university student in Toronto, where he learned hatha yoga and meditation. As a householder and as mid-life approached, he took up Kriya Yoga as a way to continue his growth and self-awareness with all that entails in modern life. Gradually he made changes that led him to retire from his career in real estate investment to devote his time to his Kriya practice and to supporting the aged and terminally ill. Vyasa has as a graduate degree in hospice studies and he became an Acharya of Babaji's Kriya Yoga in 2006.



**Contact Vyasa: [douglaslawson@rogers.com](mailto:douglaslawson@rogers.com)**