



# BABAJI'S KRIYA YOGA®

The first in a series of progressive initiations will be conducted by **Amman**, a member of Babaji's Kriya Yoga order of Acharyas.

on Mt. Shasta, California  
June 20<sup>th</sup> and 21<sup>st</sup>, 2026

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 the 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.

An initiation will be conducted over the course of two days, sat & sun.  
9:30 a.m. to 5:30 p.m.  
at Sand Flat, campground on Mt. Shasta.

This will be preceded by:  
An introductory talk & meditation  
June 19<sup>th</sup>, 2026 from 7:00 pm to 8:30 pm  
at the same location.

contact Amman by email at [a.frank@sasktel.net](mailto:a.frank@sasktel.net) to register or for further information

Mt. Shasta contact: Carol, [kriyashasta@gmail.com](mailto:kriyashasta@gmail.com)

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”

to awaken and circulate subtle energies; seven techniques of meditation to cleanse the subconscious, to master the mind and to bring about realization of the Self and Absolute Reality.

**Amman** first learned about Babaji as a teenager in 1969 and was initiated into kriya yoga in 1970 by Yogacharya J. Oliver Black, a lay minister of SRF and direct disciple of Paramahansa Yogananda. In the mid 1980's he lived with Yogacharya Black at his his yoga retreat in northern Michigan. In 2006 Amman rediscovered Babaji and has since then gained greater insight into yoga through Babaji's Kriya Yoga. Amman has spent most of his working life in northern and western Canada in the environmental field. Amman presents Babajis Kriya Yoga seminars at select locations annually and continues to teach from his home north of Saskatoon.

For more information on Babajis Kriya Yoga see [www.babajiskriyayoga.net](http://www.babajiskriyayoga.net)  
Amman (Alan Frank) may also be contacted by tel. at 306-982-4379 . by email [a.frank@sasktel.net](mailto:a.frank@sasktel.net) and by regular mail at P.O. Box 505, Christopher Lake, SK. S0J 0N0. CANADA.