

## Om Kriya Babaji Nama Aum



### Babaji's Kriya Hatha Yoga Classes (asanas, pranayama and meditation techniques)

#### What do you learn?

You will learn 18 asanas (postures) taught by **Kriya Moolaguru 'Sathguru Kriya Babaji Nagaraj'** as part of **HIS** five-fold path in **Kriya Yoga**. You will also learn different pranayama and meditation techniques.

#### Where do you learn?

Classes are currently scheduled in Prosper. Donations for these classes are welcome.

**Contact Sreedhar, certified teacher (Text / WhatsApp Only - No Calls): 469-468-5974**

**E**very human being lives on five planes of existence i.e., Physical, Vital, Mental, Intellectual & Spiritual planes, not just the physical plane supported by the physical body. Babaji's Kriya Yoga gives us a unique opportunity to realize our true potential by evolving in all five planes of our existence together by means of "**144 Kriyas**" taught in "**Babaji's Kriya Yoga**", comprising of -

1. Kriya Hatha Yoga
2. Kriya Kundalini Pranayama
3. Kriya Dhyana Yoga
4. Kriya Mantra Yoga
5. Kriya Bhakti Yoga



After the divine in-person darshan of **Mahavtar Babaji** twice following his intense tapas under the guidance of his teacher Sri S.A.A. Yogi Ramaiah (the direct disciple of Sathguru Babaji), Pujya Sri Satchidananda Ji has been initiating thousands of aspirants across the world from more than 5 decades into "**Babaji's Kriya Yoga, the scientific art of God Truth union and Self-Realization**".



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