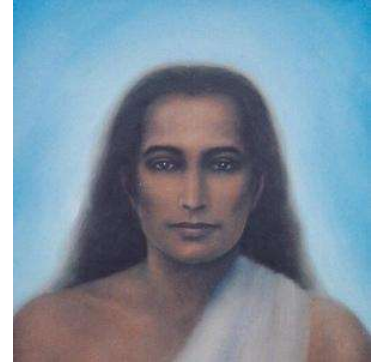
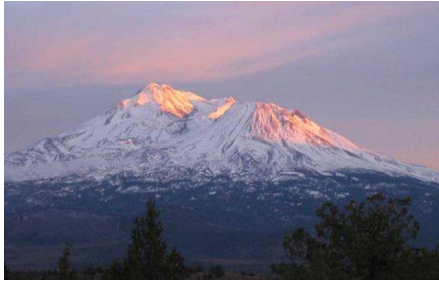


BABAJI'S KRIYA YOGA®

Retreat and Gathering



Mt. Shasta, California.
Red Fir Flat Campground
Sept 12-22, 2019.

We invite you to our camp of yogis in this awe inspiring setting as an introduction to Babaji's Kriya yoga or to deepen your practice. This is a unique and exciting opportunity for a retreat on Mt Shasta, one of the seven sacred mountains on earth.

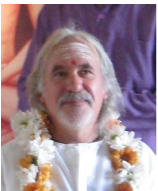
Daily routine will include:

- group meditation morning and evening in tipi
- asana practice
- technique review
- kirtan around campfire
- shared meals

There will be free time daily for hiking, swimming, exploring the mountain.
You may come for a min of 3 days up to the total 10 days, no prerequisite is set other than a sincere desire to participate, learn and practice yoga.

Suggested donation \$10 per day, bring your own food and water

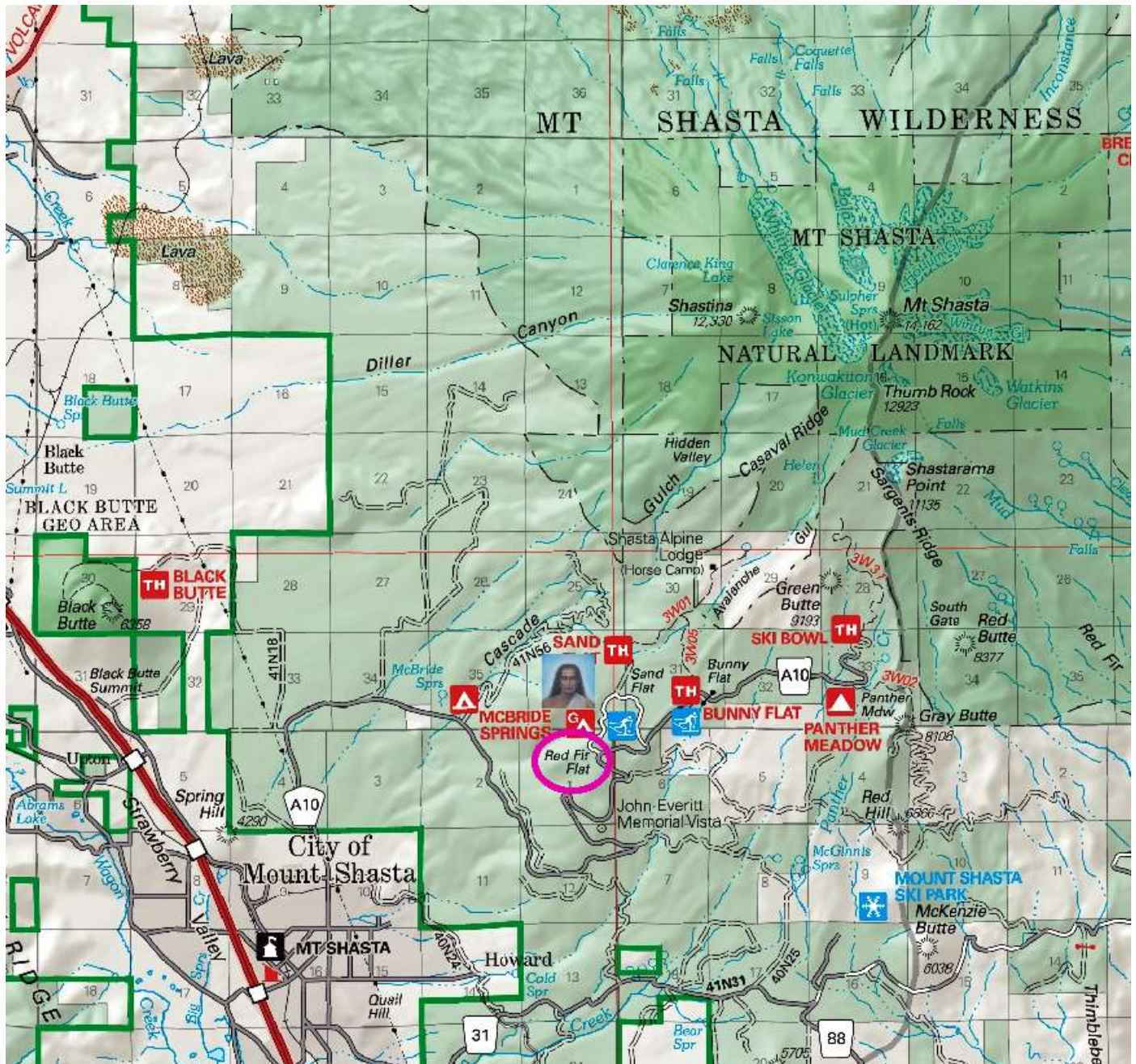
On Sept 14-15 a formal 1st Babajis Kriya Yoga initiation will be conducted by Vidhyananda. Sept 16-20 will be transition time and retreat, to be followed on Sept 21-22 with a formal 2nd Babaji's Kriya Yoga initiation conducted by Amman for those previously initiated into Babajis Kriya Yoga 1st level. All programs are offered on a donation basis.



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 Self Realization Fellowship 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 has conducted yoga classes and seminars at various locations across North America and continues to teach from his home north of Saskatoon. see www.kriya.ca



Vidhyananda (Sherry Ryan) 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. see www.yogavidhya.com



Directions to Red Fir Flat Campground:

I-5 to City of Mt. Shasta, northern California.

take A-10 up the mountain, watch for signs

total distance from I-5, 10 miles or 16 km

For further information contact co hosts:

Amman a.frank@sasktel.net or

Vidhyananda sherry@providencehealingarts.com

local contact Carol carolnaturalhealth@gmail.com 530-925-9036