

Kriya Yoga Level I



Zoom
2/10/23
7pm-830pm

Free Lecture:
Two options to
attend

In-Person
3/24/23
7pm-830pm

- Cultivate an understanding of Kriya Yoga & how it can enhance your way of living
- Experience a powerful meditation to invoke Babaji
- Surround yourself in a community of spiritual seekers
- Receive information on how to pursue Level I training (includes 18 yoga postures, 6 breathing & 7 meditation techniques)

KRIYA SEMINAR

Sat & Sun 3/25/23-3/26/23

9am-6pm

\$288 (suggested contribution)

LEVEL 1 INCLUDES

- Kriya Hatha Yoga
- Kriya Kundalini Pranayama
- Kriya Dhyana Yoga