

Kriya Yoga Level I

18 Yoga Postures - Kriya Hatha Yoga

6 Breathing Techniques - Kriya Kundalini Pranayama

7 Meditation Techniques - Kriya Dhyana Yoga

Kriya yoga is a scientific art of experiencing a perfect union with God, Truth and Self, It was revived in modern times by a great master of India, Babaji Nagaraj as a synthesis of ancient teachings of the 18 Siddha tradition. It includes a series of techniques, or "Kriyas" grouped into five phases or branches.

KRIYA YOGA LEVEL I SEMINAR

Sat & Sun 3/25/23-3/26/32 from 9am-6pm | Tempe, AZ

Suggested contribution: \$288 (includes light snacks & beverages)

Please bring yoga mat, water bottle, journal, writing utensil, light lunch for both days



Shantiananda has been studying yoga since 1970 and was first initiated into Babaji's Kriya Yoga in 1991. In July 2001, after years of rigorous training, Shantiananda became a member of Babaji's Kriya Yoga Order of Acharyas and teaches the first level initiation seminar of Babaji's Kriya Yoga in the Southwest region. She holds a Master's degree in Counseling Psychology. Although she retired from the City of Scottsdale in 2008, Shanti is now teaching Stress Management at Arizona State University in Tempe, AZ. Shantiananda hopes to continue to spread Babaji's teachings as long as she can.