

If you could access the tools to connect to the Divine, and discipline your mind and your emotions, so that you can improve your Love, Life and Career would you take them?

The Essence of Kriya Yoga®

What you seek is seeking you

Kriya Yoga is the most effective and most scientific avenue of approach to the Infinite. It is a non-sectarian instrument through which human evolution can be quickened. These teachings were revived by a great Master of India, Babaji Nagaraj, as a synthesis of ancient teachings of the 18 Siddha tradition.



Recognize what you can change - Be free from wrong thoughts & habits

Take this opportunity to create a new life!

Through a life of moderation and regular practice of Kriya Yoga, one can cultivate inner peace, joy, and wisdom.

Free Lecture: Friday, November 1st at 7:00 p.m.

Seminar: Saturday, 11/2 & Sunday, 11/3 - 9:00 a.m. - 6:00 p.m.

In the First Level Initiation Seminar you will learn:

Kriya Hatha Yoga ~ Kriya Kundalini Pranayama ~ Kriya Dhyana Yoga

RESERVE YOUR SPOT TODAY



480-650-7968 | almashanti@cox.net

**Suggested
Contribution
\$288.00**

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

