

BABAJI'S KRIYA YOGA®

The first in a series of progressive initiations with M G Satchidananda & Durga

Orlando, FLorida

May 21-23, 2010

The goal of life is happiness, peace, love and enlightenment. The desire for perfection comes from the Self, the image of God which seeks to express itself through all humanity.

KRIYA YOGA is a scientific art of perfect God truth union. It was revived in modern times by a great master of India, Babaji Nagaraj, as a synthesis of the teachings of the 18 siddhas. It includes a series of techniques.

M G Satchidananda & Durga will be giving

an initiation seminar
Saturday and Sunday
May 22-23, 2010
9 a.m. to 5:30 p.m.
Suggested contribution: $250

This will be preceded by:

an introductory conference and meditation.
Friday May 21, 2010
1771 Wyoming Street
Longwood, Florida
from 7:30 to 9:30 p.m.

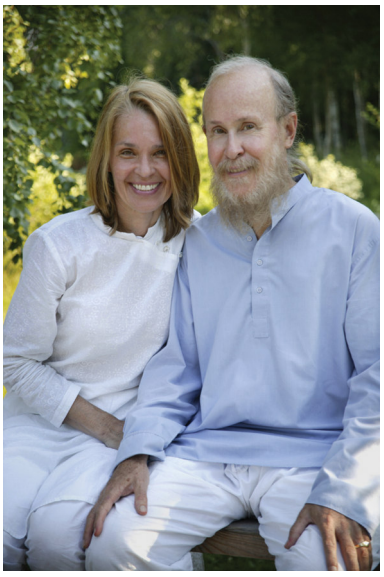
In this weekend you will learn 18 postures for greater health, relaxation and energy; the 6 phases of the powerful breathing technique, known as

"Kriya Kundalini Pranayama"

to awaken and circulate subtle energies; 7 techniques of meditation to cleanse the subconscious, to master the mind and to bring about realization of the Self and Absolute Reality.

M G Satchidananda, M.A., has practiced KriyaYoga intensively as a disciple of Babaji since 1969. He studied and practiced Kriya Yoga in India for nearly four years with Yogi Ramaiah, a direct disciple of Babaji, and he assisted in the establishment and development of 23 Kriya Yoga centers around the world over two decades. After fulfilling certain rigorous conditions, he was asked by Babaji on Christmas day 1988 to go and teach Kriya Yoga to others under his guidance and inspiration. He will be coming from his 80 acre retreat center near Montreal, Canada. Author of the book "Babaji and the 18 Siddha Kriya Yoga Tradition."

Durga Ahlund Govindan has been practicing and studying Yoga since 1967. She first began teaching Yoga in 1984. She has shared her experience of Yoga as a teacher of Hatha Yoga, Kundalini Yoga, and Kriya Yoga and as a Phoenix Rising Yoga therapist. She co-authored, performed, and produced with Marshall Govindan, the Yoga video, "Babaji's Kriya HathaYoga, Self-realization through Action with Awareness." She developed and teaches a 200-hour Teacher Training Course for Babaji's Kriya Yoga at the Kriya Yoga Ashram in Quebec, and also in Germany, Spain, Estonia, Brazil and in India. She developed "The Grace Course," a two-year monthly correspondence course of lessons on Kriya Yoga and self-study. She was inducted into the teaching Order of Acharyas of Babaji's Kriya Yoga in Bangalore, India in January 2003. She is married to Marshall Govindan and has two grown sons.



For more information, or to enroll telephone **Durga**: **(407) 260-0782** or

M G Satchidananda or Durga 196 Mountain Road, PO Box 90,
Eastman, Quebec, J0E 1P0
Telephone 1-888-252-9642 (tollfree)
Email: **info@babajiskriyayoga.net** or **durga@babajiskriyayoga.net**
E-commerce: **www.babajiskriyayoga.net**

ENROLLMENT FORM FOR INITIATION INTO
KRIYA KUNDALINI PRANAYAMA AND MEDITATION

Initiation into Kriya Yoga means to receive one's first experience with the techniques involved from someone who has been authorized to reveal them. While no prior experience with yoga is required, your response to these questions will facilitate evaluation of your readiness for initiation into Kriya Yoga. Confidentiality of the techniques is required to ensure that they will not be passed on to others in a modified or incomplete form.

Name_____ Email_____

Address_____ City_____ State or Prov._____

Zip or postal code_____ Tel. Number_____ Date of birth_____

Proposed place and date of initiation_____

Why do you want to be initiated in the techniques of Babaji's Kriya Yoga?_____

_____

What do you love most in this world?_____

What are your favorite books in spirituality, philosophy and metaphysics?_____

_____

Have you been initiated into Yoga before? If so, where and by whom? Do you continue to practise the techniques learned?_____

Are you prepared to practise regularly and faithfully the techniques taught in the initiation classes?_____

Do you have any significant health problems like high blood pressure which might restrict your practice of the yoga postures? _____

Are you taking any medication? If so what?_____

I, _____ do solemnly promise to Babaji not to reveal to anyone the techniques of Kriya Kundalini Pranayama and meditation into which I will be initiated under any circumstances.

_____ _____

Signature Date

Please return to Durga Ahlund, 1771 Wyoming Street, Longwood, Florida, 32750 with a deposit of $50 payable to "**Jan Ahlund**". This deposit will be returned to you only if you are not accepted for initiation into Kriya Yoga or are prevented by unavoidable circumstances from attending. If you have any questions please feel free to call Durga 1 888 252 9642 or Email: durga@babajiskriyayoga.net. This document will be kept strictly confidential.

Thank you.