

Initiation Into Kriya Yoga

Level One Initiation With Shantiananda

Free Lecture: Friday, May 14th, 2010 @ 7:00 PM

Seminar: Saturday, May 15 at 10 AM to 5 PM

& Saturday, May 22 at 10 AM to 5 PM

With an hour lunch break each Saturday

In addition: Kriya Hatha Yoga classes during the week

Monday 17th thru Friday 21st at 6:00 PM

N A N R I • S T U D I O Maynard, MA

Exact location and directions will be given upon registration.

REQUESTED DONATION: $298.00

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 experiencing union with God, Truth and Self. It was revived in modern times by a great Master from 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.

In this first initiation, you will learn three out of the five phases of Kriya Yoga:

Kriya Hatha Yoga

Eighteen asanas, or **physical postures**, will be taught in stages. Practice of the asanas will produce greater health, relaxation and energy. One cares for the physical body, not for its own sake, but as a vehicle or temple of the Divine.

Kriya Kundalini Pranayama

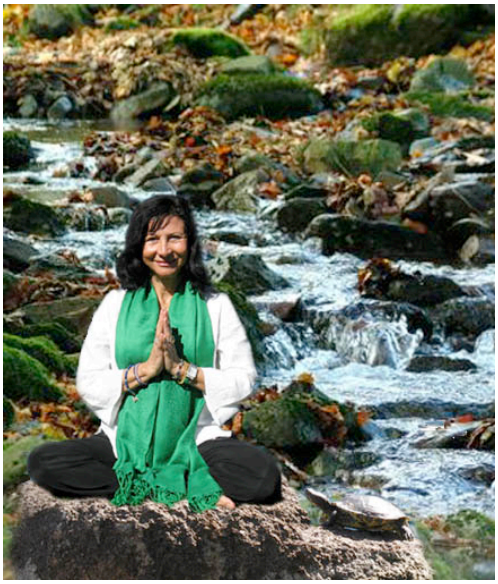
This is a **powerful breathing technique** taught in 6 phases. This breathing technique is to awaken and circulate subtle energies.

Kriya Dhyana Yoga

Seven techniques of **meditation** will be taught. They will help to awaken & circulate subtle energies, to cleanse the subconscious, to master the mind and to bring about Self - realization.

To Enroll or for More Information:

Please contact Nanri Tenney
e-mail: nanri@comcast.net
or call: 978 -298 - 5570



Shantiananda

Shantiananda will be visiting and teaching in the Boston area May 14 – 22, 2010 !

Shantianada 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.

She is now authorized to teach the first level initiation seminar of Babaji's Kriya Yoga in the USA, as well as in Spanish speaking countries. Regular Satsang gatherings are conducted in her hometown of Tempe Arizona.

Nanri Tenney, a Babaji's Kriya Yoga Initiate and Kriya Yoga teacher will be assisting the course and enrolling students.