

BABAJI'S KRIYA YOGA®

The first in a series of progressive initiations with M Govindan Satchidananda

Author of the book

"Babaji and the 18 Siddha Kriya Yoga Tradition"

St. Etienne de Bolton (Quebec)
June 4-6; Sept 10-12, 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 Govindan Satchidananda will be giving
an initiation seminar
Saturday and Sunday
June 5-6; Sept 11-12 2010
9:00 a.m. to 5:30 p.m.
at the Quebec Ashram
196 Mountain Road
St. Etienne de Bolton
Suggested contribution is $295

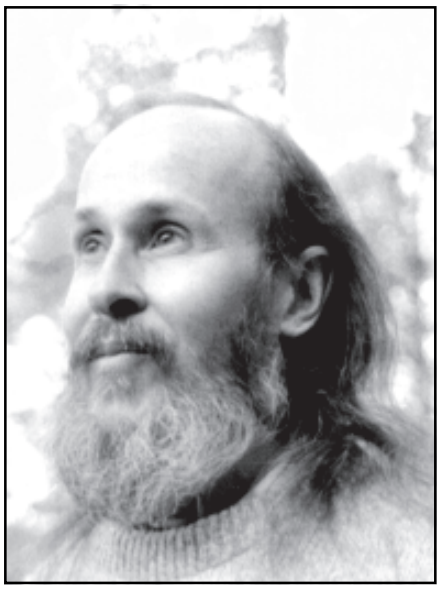
This will be preceded by:
an introductory conference & meditation
June 4; Sept 10, 2010
from 8:30 to 10:00 pm
at St. Etienne de Bolton.

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 GOVINDAN SATCHIDANANDA, 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.



For more information, or to enroll telephone:

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