



Om Kriya Babaji Nama Aum



Dear Kriya Yoga Practitioners. "Kriyabans,"

You are cordially invited to the next

Satsang

(sharing of truth in community)

at the YogaRoom.

Date: September 25, Sunday
Time: 2:00 – 4:00 pm
Place: YogaRoom, 44 Dunlop St. E., Barrie
Topic: "Acceptance"
Gear: Bring your own yoga mat (the Studio can provide you with one), meditation cushion and wear comfortable clothing.
Price: By donation

Please phone or email by Friday, September 23 if you are able to attend and include acceptance into your Monday Arupa Dhyana Kriya practice for sharing your insights.

Thank you to Angela, Debbie, Norm, Shirley and Susan for your participation in the first Satsang. We all felt supported by each other and by our Satguru, Babaji Nagaraj.

"It helps with strengthening your practice and learning what problems might arise and how to deal with them" – was one of Shirley's response to this event.

NEWS! You can refresh your Kriya Yoga practice or introduce it to a family member or a friend by participating in the following events:

- Level One Seminar September 9-11;
- Level Two Seminar in Eastman, Quebec with Durga and Satchidananda, September 16-18

The aim of this satsang meeting is to

- **find support and inspiration on our spiritual path by practicing Kriya Kundalini pranayama and meditation together;**
- **enhance and deepen our knowledge of our true self by reading sacred texts,**
- **share our experiences: highlights, difficulties;**
- **learning tools from each other how to keep our daily yoga routine alive;**
- **clarifying the kriya techniques: asanas, pranayamas, meditations, mantras with mala, etc.;**
- **have fun together as a Kriya Yoga community.**

Below is the outline of the September Satsang:

1. Opening invocation;
2. Introduction;
3. Chanting together in a circle;
4. Reading from a sacred text;
5. Practice of the first asana and two others by your request, Kriya Kundalini, pranayama and meditation;
6. Discussion about our topic: "acceptance";
7. Closing with the Shanti mantra;
8. Tea, light snack and chat.

Please come and enjoy the Kriya Yoga community, feel the power and support of the group.

If you fell of the Kriya band wagon this is the perfect opportunity to bring this amazing practice back into your daily life.

**Hope to see you all.
Shanti, shanti, shanti,**

***Ganga Auer RYT* Practitioner of Babaji's Kriya
Yoga since March 2000**