



# BABAJI'S KRIYA YOGA®

The first in a series of progressive initiations with **Amman**, a member of Babaji's Kriya Yoga order of Acharyas and practitioner of kriya yoga since 1970.

in Vancouver, British Columbia  
March 24<sup>th</sup> and 25<sup>th</sup>, 2012

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 the 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.

Amman will be presenting  
an initiation / seminar  
on March 24<sup>th</sup> and 25<sup>th</sup>, 2012  
9:00 a.m. to 5:00 p.m.  
at the Vancouver Unitarian Church  
949 West 49<sup>th</sup> Ave.  
Vancouver, British Columbia

suggested contribution is \$250  
or lesser amount /love offering depending on  
means

This will be preceded by:  
A free introductory lecture & meditation  
March 23<sup>th</sup>, 2012 from 7:00 pm to 8:30 pm  
at the same location.

contact [a.frank@sasktel.net](mailto:a.frank@sasktel.net) to preregister or  
for further information

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.

**Amman** first learned about Babaji as a teenager in 1969 and was initiated into kriya yoga in 1970 by Yogacharya J. Oliver Black, a lay minister of SRF (Self Realization Fellowship) and direct disciple of Paramahansa Yogananda. In the mid 1980's he lived with Yogacharya Black at his his yoga retreat in northern Michigan. In 2006 Amman rediscovered Babaji and has since then gained greater insight into yoga through Babaji's Kriya Yoga. Amman has spent most of his working life in northern and western Canada in the environmental field and continues to hold a position with the Ministry of Environment in Saskatchewan. Amman has taught hatha yoga at the yoga center in northern Michigan, in a corrections facility in Saskatchewan and continues to teach from his home north of Saskatoon.

For more information on Babajis Kriya Yoga see [www.babajiskrivayoga.net](http://www.babajiskrivayoga.net)

**Amman (Alan Frank)** may also be contacted by tel. at **306-982-4379** . by email [a.frank@sasktel.net](mailto:a.frank@sasktel.net) and by regular mail at RR1, Site1, Comp104, Christopher Lake, SK. S0J 0N0. CANADA.