

Babaj's Kriya Yoga®

The first in a series of progressive initiations. Kriya yoga is a scientific art of perfect God truth union. It was revived in modern times by a greater master of India, Babaji Nagaraj, as a synthesis of the teachings of the 18 Siddhas and includes a series of techniques that integrate and transform people on all levels of existence: physical, mental, vital, intellectual and spiritual, all can practice it and through that practice find peace and happiness.

KRIYA HATHA YOGA 18 Postures for better health, relaxation and energy.

KRIYA KUNDALINI PRANAYAMA – 6 phases of the powerfull breathing techniques to awaken and circulate sublte energies.

DHYANA KRIYA – 7 Techniques of meditation to cleanse the subconscious, to master the mind and to bring about realization of the Self and Absolute Reality
www.babaji.ca

14-15 April 2012, 14:00 – 21:00

YogaŞala Etiler

13 April, 19:00-21:00 "What is Kriya Yoga?"
Conference - Free of charge

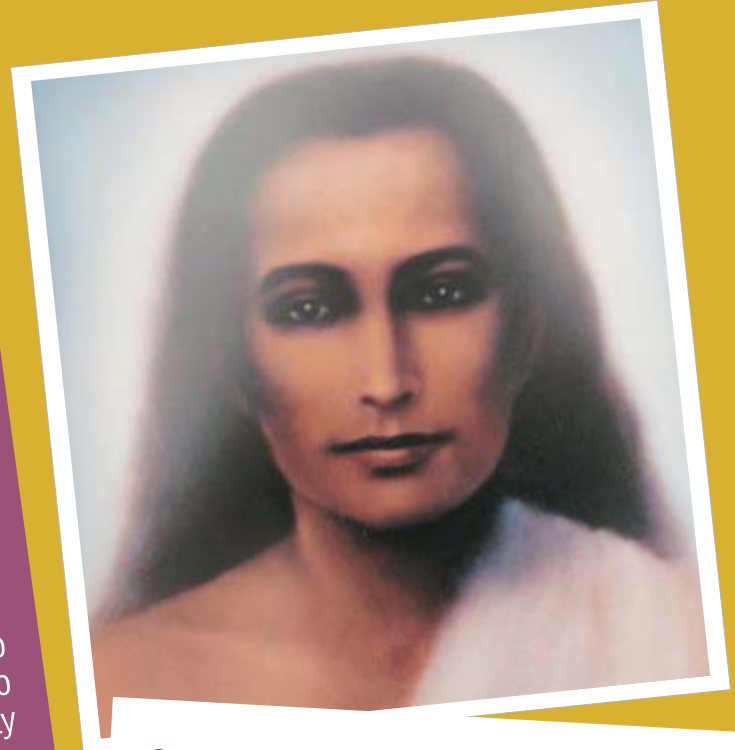
This initiation course will be in English with no Turkish translation.

This initiation course is opened to all levels.

14 Hours Course Fee:

630 TL (60 TL discount for payments before 23 March 2012)

Cash payments only. No refunds



Saraswati Karuna Devi

Saraswati Karuna Devi has practiced Yoga since 1964. In 1981 during a trip to India she recognized the presence and Orientation of Babaji Nagaraj in her life. In 1996 was initiated by M.Govindan Satchidananda, president of Babaji's Order of Acharyas. In December 2003 after fulfilling certain rigorous conditions and training requirements, became initiated in this fraternal order of teachers, and authorized to initiate others in the first and second level of Babaji's Kriya Yoga. Saraswati is a psychologist and practices Transpersonal Psychotherapy and Holotropic Breathwork.