



# BABAJI'S KRIYA YOGA

The first in a series of progressive initiations

with **Durga**  
**Orlando, Florida**  
**February 17-19, 2012,**  
**May 11-13, 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 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.

Durga will be giving  
**an initiation seminar**  
**Saturday and Sunday**  
**February 18-19, 2012,**  
**May 12-13, 2012**  
**9 a.m. to 5:30 p.m.**  
**Suggested contribution: \$250**

This will be preceded by:  
**an introductory conference**  
**and meditation.**  
**Friday February 17, 2012,**  
**May 11, 2012**  
**1771 Wyoming Street**  
**Longwood, Florida**  
**from 7:30 to 9:30 p.m.**

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.

**Durga Ahlund Govindan** has been practicing and studying Yoga since 1967. She first began teaching Yoga in 1984. She has shared her experience of Yoga as a teacher of Hatha Yoga, Kundalini Yoga, and Kriya Yoga and as a Phoenix Rising Yoga therapist. She co-authored, performed, and produced with Marshall Govindan, the Yoga video, "Babaji's Kriya HathaYoga, Self-realization through Action with Awareness." She developed and teaches a 200-hour Teacher Training Course for Babaji's Kriya Yoga at the Kriya Yoga Ashram in Quebec, and also in Germany, Spain, Estonia, Brazil and in India. She developed "The Grace Course," a two-year monthly correspondence course of lessons on Kriya Yoga and self-study. She was inducted into the teaching Order of Acharyas of Babaji's Kriya Yoga in Bangalore, India in January 2003. Her latest book is "Deepening Your Practice." Check out her blog on Yoga at [seekingtheself.com](http://seekingtheself.com).

For more information, or to enroll telephone **Durga: (407) 260-0782** or

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