

M. Govindan Satchidananda, has practiced Kriya Yoga 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. After fulfilling certain rigorous conditions, he was asked by Babaji to teach Kriya Yoga to others under his guidance and inspiration.



Ganga Devi has a teaching degree from Hungary, and has practiced Yoga intensively since 1995. She is teaching Hatha yoga since 1998 and certified by three different schools, including Babaji's Kriya Yoga. In 2000, she has been initiated by M. G. Satchidananda into all three levels of Babaji's Kriya Yoga. She is an acharya and the owner of the Yoga Room, in Barrie, near Toronto. She loves to learn and share her knowledge with others. May the loving grace of Babaji guide us on our path towards Self-Realization.



Enrollment

CONTACT:

Ganga Devi at 705.792.5960

gangauer@rogers.com

or

Edit Mate at 819.776.0875

mate.edit@yahoo.ca



DATE:

February 24-26, 2012

Please see inside for details



LOCATION:

24 Jean-Paul-Sartre Street

Gatineau, Québec

J9J 2P3



WEBSITE:

babajiskriyayoga.net

yogaroom-barrie.com



Babaji's Kriya Yoga
Order of Acharyas

Babaji's Kriya Yoga

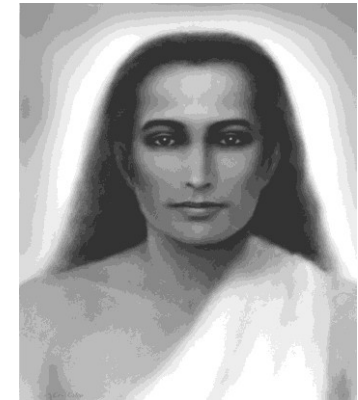
First Level Seminar

with

Ganga Devi

in

Ottawa



Babaji Nagaraj



In the Yoga tradition of the
18 Siddhas,
learn the scientific art of
Self-Realization.

- **Action with Awareness** -
devoting a practice to
hatha yoga, pranayama,
meditation, and mantras.

Action with awareness **is both the vehicle and the destination in Babaji's Kriya Yoga.**



Self-Realization occurs when awareness comes about; whenever there is a simple, non-judgmental witnessing of who we truly are and what we are truly not.



Babaji's Kriya Yoga has five paths:

- ❖ **Kriya Hatha Yoga**, postures for the physical body;
- ❖ **Kriya Kundalini Pranayama**, breathing techniques for the vital (emotional) body;
- ❖ **Kriya Dhyana Yoga**, meditation for the mind and senses;
- ❖ **Kriya Mantra Yoga**, chants for the intuition and intellect;
- ❖ **Kriya Bhakti Yoga** devoting to a practice for the spirit.

Asanas are hatha yoga postures which strengthen and relax the physical body. They were originally intended to settle the body to prepare the mind for concentration and meditation. They are non-competitive and performed in stages enabling students of all ages to work at their own level of flexibility and intensity. Whatever one's ability there will be benefits accruing so long as one practices regularly and to the best of one's ability.



Pranayama means 'mastery of the breath'. It helps to purify the body and mind of turbulence and to energize the vital body. For every psychological state there is a corresponding breathing pattern. By practicing breathing techniques one gathers and focuses energy at higher levels to enable the process of Awareness to develop. When done properly and consistently a most important spiritual quality is developed: Equanimity.



Dhyana, meditation is a means of 'tuning in' to one's Self. It develops understanding of who we are and why we act the way we do. It is the scientific art of mastering the mind. It is not so much an escape or an intellectual process but rather experiencing the Truth.

Babaji's Kriya Yoga First Level Seminar with Ganga Devi consists of:

~18 Hatha Yoga **postures** for greater health, relaxation and energy;

~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.

This is the first of three levels totaling 144 Kriyas.



The seminar is offered in a **weekend intensive** format in Gatineau Québec.

Cost: \$250

Payment options: Debit, VISA, MC, cheque or cash in advance, **cash or cheque in Gatineau.**

Schedule:

Friday, February 24:

7:00 - 8:30 pm: **Introduction;**

Saturday & Sunday, February 24 -

26, 9:00 am - 5:30 pm:

Babaji's Kriya Yoga First Level Seminar with Ganga Devi.



Please wear **comfortable clothing**, bring a **notebook** and a **pen**. Yoga mats will be provided.