



First Introduction to Babaji's Kriya Yoga

The Yoga of the Siddhas

Tuesday nights, from May 5 to June 23, 2026

Nandi's Ashram, Ottawa (next to the Children's
Hospital (CHEO) in Alta Vista)



Discover the internal alchemy of Yoga

Take advantage of this unique seminar to:

- ॐ *Improve your physical and mental health, your well-being*
- ॐ *Overcome unconscious thought patterns*
- ॐ *Consciously create your life, act with consciousness*
- ॐ *Awaken your intuition and your capacity for manifestation*
- ॐ *Tap into the Source of Wisdom Within You*
- ॐ *Access your full potential*
- ॐ *Enrich your current spiritual or religious practice*

Through initiation to the techniques from a teacher initiated in the lineage and their regular practice, you will experience an inner transformation that cannot be described in words. These powerful techniques have a profound effect. The practice of Kriya Yoga will have a positive impact on all aspects of your life.

"The purpose of life is happiness, peace, love, enlightenment - The desire for perfection comes from the Self, the image of God, which seeks to express itself throughout all humanity" - Yogi Ramaiah

Organized by the Order of Kriya Yoga of Babaji of Acharyas
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International Office and Ashram: P.O. Box 90, Eastman, Quebec, J0E 1P0, Canada





The 18 Siddhas



Siddha Tirumular



Siddha Patanjali



Siddha Agasthya



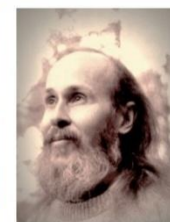
Chiddha Baganathar



Kriya Babaji Nagaraj



Yogi Ramaiah



M.G. Satchidananda

THE PROGRAM

Introductory lecture
(with meditation, free)

Tuesday, May 5, 2026
6:45 p.m. – 8:45 p.m.

Classes

May 12 to June 23, 2026
6:45 p.m. – 8:45 p.m.

Full attendance required

Proposed Contribution

\$200 (\$75 deposit)

Repeaters: free

Registration

To register or for more information:

Nandi@babajiskriyayoga.net

Please note that we reserve the right of admission.

For more information:

www.babajiskriyayogaottgat.com

KRIYA YOGA is a complete system leading to Self-realization (Rajah Yoga).

It is the practical side of the theoretical system described by Patanjali in the famous "*Yoga Sutras*".

In this seminar, you will receive clear instructions and will practice a range of yogic techniques: (i) 6 phases of a powerful magnetizing and transforming breathing technique (*kriya kundalini pranayama*); (ii) 7 meditation techniques (*dhyana*) to control the mind; (iii) 18 postures (*asanas*) to master the body; (iv) a mantra to connect with your own inner guru in a sacred ceremony (*puja*).

The practice of those techniques will enable you to purify, heal and strengthen your body, mind and intellect, to develop awareness and attract positive experiences through closer contact with the Consciousness within you, to awaken, circulate, amplify and accumulate the subtle energies of your life force, to burn your subconscious *Karmas* and to find your *Dharma*. In a word, you will develop your full potential. Their practice will also develop, a reliable source of growth, wisdom, knowledge, and transformation: intuition.

The practice of Kriya Yoga is independent of age, physical health, socio-cultural or religious background, and is compatible with any spiritual practice.

Recommended Preparatory Readings (if interested)

⇒ Kriya Yoga : Insights Along the Path by M.G. Satchidanda

⇒ Autobiography of a Yogi by P. Yogananda





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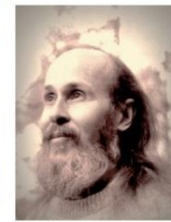
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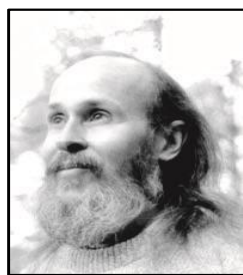
THE LINEAGE AND TEACHINGS

Kriya Yoga is based on the principles of Siddhanta of the ancient 18 Siddhas tradition, eternal mystical sages of South India. It was brought out of oblivion to the modern world by a great Indian master and spiritual teacher, Kriya Babaji Nagaraj.

This first initiation seminar is the cornerstone of their complete teaching, the balance being offered in two additional seminars. The second seminar is a 2 day initiation that includes a *mantra initiation (diksha)* and fire ritual (*yagna*), a day of sacred silence (*mauna*), additional pranayamas, training on awareness and how to integrate it into all daily activities. A third 9-day initiation introduces the rest of the 144 Kriyas to purify all dimensions of the being and develop subtle energetic powers (*siddhis*) and states of pure consciousness (*samadhi*).

THE TEACHER

The First Initiation will be provided by Yves (Nandi, left picture). Nandi had practiced Yoga for 15 years when he was initiated into Babaji's Kriya Yoga by Yogi Govindan Satchidananda in 2017. He was made Acharya in 2022 after rigorous training a practice. He provides first initiation, Hatha Yoga classes and leads practice circles (Satsangs) in different cities and on the Web. Satchidananda, his teacher (picture on the right), was initiated to Kriya Yoga by Yogi S.A.A. Ramaiah and he was the recipient of the 2014 International Yoga Federation's Patanjali International Award of the World Yoga Association. Its President, Swami Maitreyananda said: *"Marshall Govindan Satchidananda is not only the most famous Yoga Master of Kriya Yoga in the world, he also has done an amazing job for Kriya Yoga, I can only compare with Paramahansa Yogananda. Govindan Satchidananda is the spirit of Babaji"*



TESTIMONIALS

"The initiation program was excellent and exceeded expectations. Acharya Nandi is an excellent instructor in both the asanas and Kriya techniques. We covered a lot of ground and Nandi was so supportive and patient. It was a life changing experience."

"This two-and-a-half-day 'initiation' gave me a lot of clarity, I was given tools that I could pick up and use immediately. Highly recommend. »

"I have found that Kriya Yoga is the most complete flowering of yogic practices. A yoga practice offered as a lifetime experience. »

"It was wonderful... it uplifts, enlightens, comforts, inspires and can be immediately implemented... all this in one seminar... There aren't many things like that on this planet. »

