



# BABAJI'S KRIYA YOGA®

The first in a series of progressive  
Initiations with M Govindan Satchidananda  
Author of the book  
“Babaji and the 18 Siddha Kriya Yoga Tradition”  
St Etienne de Bolton, Quebec  
September 3-5, 2021, October 15-17, 2021

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.

M Govindan Satchidananda will be giving  
**an initiation seminar**  
**Saturday and Sunday**  
**September 4-5, 2021, October 16-17, 2021**  
**9 a.m. to 5:30 p.m.**  
**at the Quebec Ashram**  
**196 Mountain Road**  
**St. Etienne de Bolton**  
**Suggested contribution: \$330 +tax**  
**Includes meals and lodging**

This will be preceded by:  
**an introductory conference and meditation.**  
**Friday**  
**September 3, 2021, October 15, 2021**  
**from 7:30 to 9:30 p.m.**  
**at St Etienne de Bolton**

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.

**M Govindan Satchidananda**, has practiced Kriya Yoga intensively 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 for over 18 years assisted him in the establishment of 23 Kriya Yoga centers around the world. During this same period he practiced Kriya Yoga for eight hours per day on average, and as a result attained Self-realization. After fulfilling certain rigorous conditions given to him by Yogi Ramaiah, he was asked by Babaji in 1988 to go and teach Kriya Yoga to others under his guidance and inspiration. He is the founder president of four charitable organizations in India, Sri Lanka, Canada and USA which are dedicated to the teaching of Babaji's Kriya Yoga, and the author of many acclaimed books

For more information, or to enroll by telephone:

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