



# BABAJI'S KRIYA YOGA®

The first in a series of progressive initiations  
with Vidhyananda  
Ashaway, RI

**November 2nd & 3rd 2019**

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.

Vidhyananda will be giving  
**an initiation seminar**  
**Dates- November 2<sup>nd</sup> & 3<sup>rd</sup>**  
**9 a.m. to 5:30 p.m.**  
**Suggested contribution: \$250**

**Yoga Vidhya**  
**Village Commons**  
**211 Main St.**  
**Ashaway, RI 02804**

A free introductory lecture will be  
given from 7:30 pm-9:00 pm  
November 1st  
at the same location.

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.



**Vidhyananda** LMT, RYT is the founder of Providence Healing Arts, a Yoga Studio & alternative healing center in Providence, Rhode Island, USA. As a student of Hatha Yoga and Kundalini Yoga for 40 years, Vidhya is a certified 500 hour yoga instructor facilitating retreats and teacher trainings throughout the world. She has over 25 years of experience in the study of Ayurveda, Macrobiotics and Traditional Five Element Theory.

**Address: Yoga Vidhya**  
**211 Main Street**  
**Ashaway, RI 02804**  
**Local contact: Sherry Ryan PH# 401-751-2050**  
**sherry@providencehealingarts.com**

For more information on Babajis Kriya Yoga see [www.babajiskriyayoga.net](http://www.babajiskriyayoga.net)

## **Vidhyananda**

Yoga Vidhya  
211 Main St.  
Ashaway, RI 02804

Telephone 401 751 2050

Email: [sherry@providencehealingarts.com](mailto:sherry@providencehealingarts.com)